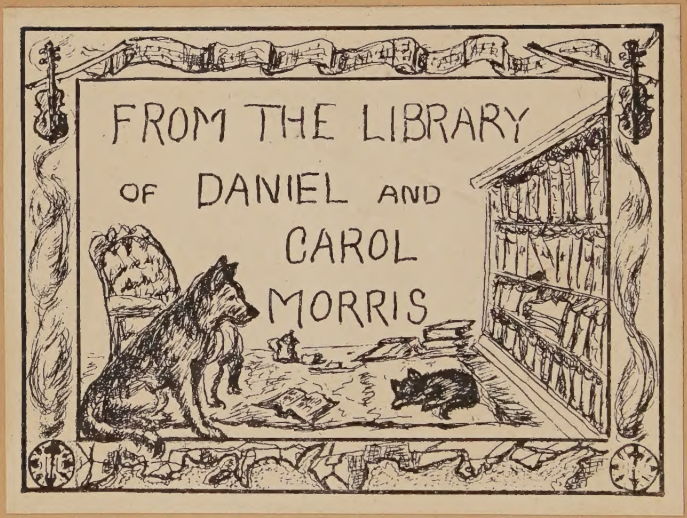
TREASURES OF A HUNDRED COOKS

MARY ALLEN HULBERT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TREASURES
OF A HUNDRED COOKS

TREASURES
OF A HUNDRED COOKS

A Collection of Distinctive Recipes for Lovers of Good Food

BY

MARY ALLEN HULBERT

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PREFACE

These recipes are from the menus of three generations of the author's family, many wrested from those gifted persons who cook by ear, together with a few garnered here and there in her travels. The whole seems characteristic of the Americas—melting pots in both their cuisines and peoples.

While to-day we may crucify the palate for the silhouette, the necessity for honest food would seem to be as great as ever.

The following extracts from the author's mother's old cook book, published in the '50's and now, unhappily, out of print, may interest, and certainly amuse, the reader of this volume. They show how seriously the culinary department was regarded in our grandmothers' and great-grandmothers' time.

COUNSELS AND SUGGESTIONS

A symmetrical education is extremely rare in this country. Nothing is more common than to see young ladies, whose intellectual attainments are of a high order, profoundly ignorant of the duties which all acknowledge to belong peculiarly to women.

How often do we see the happiness of a husband abridged by the absence of skill, neatness, and economy in the wife! Perhaps he is not able to fix upon the cause, for he does not understand minutely enough the processes upon

which domestic order depends to analyze the difficulty; *but he is conscious of discomfort.* However improbable it may seem, the health of many a professional man is undermined, and his usefulness curtailed, if not sacrificed, because he habitually eats *bad bread.*

How frequently, in case of students in the various professions, is the brightest promise of future attainment and honor overshadowed by a total loss of health; and the young scholar, in whom the choicest hopes were garnered up, is compelled to relinquish his studies, and turn his unwilling thoughts to other pursuits; or, worse than this, to become a helpless invalid for life. Yet even this is an enviable lot, compared with his, whose noble intellectual powers have become like the broken chords of an instrument that shall never again utter its melody. But are such evils as these to be traced to the use of unwholesome food? Yes.

We often see the most pious Christians heavy-hearted, and doubting their share in the great salvation; mistaking the salutary discipline of their Heavenly Father for the rod of an offended judge; forgetting the freeness of the mercy offered, looking only at their own unworthiness, and refusing to be comforted. Instances of this sort, resulting in incurable melancholy, may frequently be traced to the same cause.

If this subject has a direct bearing upon the health of families, so also does it exert an immediate influence upon their *virtue.* There are numerous instances of worthy merchants and mechanics whose efforts are paralyzed, and their hopes chilled by the total failure of the wife in her sphere of duty; and who seek solace under their disappointment in the wine-party, or the late convivial supper. Many a day-laborer, on his return at evening from his hard toil, is repelled by the sight of a disorderly house and a comfortless supper; and perhaps is met by a cold eye instead of "the thriftie wifie's smile"; and he makes his escape to the grog-shop or the underground gambling room. Can any human agency hinder the series of calamities entailed by these things? No! The most active philanthropy, the best schemes of organized benevolence, cannot furnish a remedy, unless the springs of society are rectified. The

domestic influence of woman is certainly one of these. Every woman is invested with a great degree of power over the happiness and virtue of others. She cannot escape using it, and she cannot innocently pervert it. There is no avenue or channel of society through which it may not send a salutary influence; and when rightly directed, it is unsurpassed by any human instrumentality in its purifying and restoring efficacy.

Neither are admonitions as to consistency, economy, and neatness neglected.

Accustom yourself to take good care of everything you possess. The best managers probably have, at first, a few disagreeable lessons to learn, in the loss of things forgotten or neglected for want of experience. Prodigality is as fruitful of mischief as Pandora's box, and no amount of wealth can justify it. Habits of wasteful expenditure are almost always accompanied with selfishness and a cold heart towards the claims of the poor. Be conscientious, therefore, in the practice of economy. Family comfort can hardly be found without it. Neatness is essential to it; for though there may be neatness without economy, there cannot be economy without neatness. But it is to be hoped there are not many who lose five or six hams eaten by the rats, or forty yards of Russian linen laid upon the snow to whiten, and forgotten till reduced to a pulp fit only for the paper-mill.

Be economical without parsimony, liberal without waste, and practice the best methods of using your possessions without having your mind wholly absorbed by them.

"Not so bad," even to-day. Certainly an amusing glimpse into our country in the making.

No lesser authority than Brillat Savarin also takes the matter seriously. He says: *"Celui qui reçoit ses amis, et ne donne aucun soin personnel au repas qui leur est préparé, n'est pas digne d'avoir des amis."*

MENUS

The menus suggested in this book are offered as guides to the natural harmony which certain groups of dishes seem to compose.

While our newspapers and magazines give us happy and valuable suggestions and recipes for the well balanced menu, there "comes a day" when it seems hard to escape the menu of desperation, or that of "the new cook blues."

A teacher of bridge of international fame who spent a summer as paying guest of a New England couple returned refreshed in all ways to her work in the autumn. "They had never even heard of a bridge table," she said, "and when I tried to thank them for all they had done the morning I left, I ended my rhapsody by exclaiming 'and oh! those doughnuts and coffee! I shall never forget them.'

" 'Wal,' the farmer replied, 'we allers says doughnuts does jest seem to meller inter coffee.' "

So with the menu, try to have each dish "meller" into the others—piquant, not too rich, not too sweet and cloying. After all, when science had yet left us in ignorance of the fearful calory, the discriminating palate protected us. (Pork and apple sauce are traditional.) We have only risen from faith to understanding in the matter of food values and the chemistry of cookery.

An epicurean dish need not necessarily be a Lucullan one. When "Lucullus supped with Lucullus" on the Pincian Hill, there must have been other cryptic messages carried swiftly by the slave to the waiting maître d'hôtel (or whatever his Roman title may have been)—messages commanding simpler dishes; possibly those handed down from the sturdier day of

Romulus and Remus,—polenta, perhaps, with the ancestor of the baked bean.

SEASONINGS

In countries wherein prohibition is the law, seasoning substitutes for the wines and liqueurs indicated in the recipes may be procured at any of the leading grocers. When certain of these are used, the measure of salt or sugar in the list of ingredients should be omitted, or reduced. Sherry for flavoring is salted; claret comes in form of syrup; rum, arrack, curaçao, Benedictine, Kümmel, and other liqueurs are now nonalcoholic flavorings.

The sophisticated palate may still be appeased by white grape juice combined with lemon juice, as a substitute for white wine, or much diluted white wine vinegar sweetened. Claret syrup with lemon juice is quite an acceptable substitute for claret.

As for herbs, the products of the gardens of the world are within our gates. Our cuisine need no longer reflect in its savor the limitation of pioneer necessity and indigenous supply. It is enriched by the products of other lands, as our conglomerate population is enlarged by their citizens. Why not welcome the one as we have the other? "They come bearing gifts." It is as easy to add "a dash of coriander" as one of pepper. The result is often rewarding.

M. A. H.

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TABLES

TIME TABLES

MEATS

Roasting

Beef (rare) per lb.	9 to 12	minutes
Beef (well done) per lb.	15 to 18	"
Beef (filet) per lb.	20 to 40	"
Mutton (leg) per lb.	20	"
Mutton (stuffed shoulder) per lb.	18	"
Lamb per lb.	18	"
Veal per lb.	20 to 30	"
Pork per lb.	30	"
Liver (baked or braised) per lb.	60 to 80	"
Chicken per lb.	20	"
Turkey (10 lbs. about 3½ hrs.) per lb.	20	"
Goose per lb.	20 to 25	"
Duck (domestic) per lb.	40 to 60	"
Duck (game) per lb.	30 to 40	"
Grouse, pigeons and other large birds per lb.	30	"
Venison per lb.	15	"
Small birds	10 to 15	"
Fish (thick) 6 to 8 lbs.	60	"
Fish (small)	25 to 30	"

Broiling

Steaks 1 inch thick (rare)	6 to 8	minutes
Steaks 1 inch thick (medium)	8 to 10	"
Steaks 1½ inches thick (rare)	8 to 12	"
Steaks 1½ inches thick (medium)	12 to 15	"

Lamb (well done)	8 to 10	minutes
Spring chicken	20	"
Squab	10 to 15	"
Fish (small and thin)	5 to 8	"
Fish (thick)	20 to 30	"

Boiling

Beef (slowly) per lb.	40 to 60	minutes
Mutton per lb.	20	"
Corned Beef per lb.	30	"
Ham per lb.	20	"
Chicken per lb.	20	"
Fowl per lb.	30	"

VEGETABLES

Spinach	20	minutes
Corn on cob	10 to 15	"
Potatoes (boiled)	20 to 30	"
Potatoes (baked)	45 to 60	"
Green peas	25 to 40	"
Asparagus	15 to 25	"
Cabbage	15 to 30	"
String beans	30 to 45	"
Beets	45 to 60	"
Squash (summer)	20	"
Squash (winter)	30 to 35	"
Carrots	25 to 45	"
Turnips	30 to 60	"

BREAD, CAKES, AND PUDDINGS

Baking or Steaming

Bread	45 to 60	minutes
Rolls and biscuits	10 to 20	"
Bran or graham muffins	30	"
Gingerbread	20 to 30	"
Sponge cake (loaf)	45 to 60	"

Plain cake (loaf)	30 to 40	minutes
Cookies	10 to 15	"
Fruit cake	2 to 3	hours
Indian meal pudding	2½ to 3	"
Steamed brown bread	3	"
Rice and tapioca puddings	1	hour
Plum Pudding	2 to 4	hours
English plum pudding	7	"
Custards	15 to 30	minutes
Pies	40 to 60	"

WEIGHTS AND MEASURES

4	gills	1	pint
2	pints	1	quart
4	quarts	1	gallon
16	ounces	1	pound
8	quarts	1	peck
4	pecks	1	bushel
3	bushels	1	sack
4	even teaspoons	1	tablespoon
4	rounded tablespoons	½	cup
½	cup	1	gill
2	cups	1	pint
4	cups	1	quart
2	cups of any liquid	1	pound
2	cups of granulated sugar	1	pound
2½	cups of powdered sugar	1	pound
1	heaping tablespoon of sugar	1	ounce
1	heaping tablespoon of butter	1	ounce
	Butter size of an egg	2	ounces or ¼ cup
1	cup of butter	½	pound
4	cups of flour	1	pound
1	heaping quart of flour	1	pound
8	rounded tablespoons of dry material	1	cup
16	tablespoons of liquid	1	cup
10	eggs	1	pound

PROPORTIONS

3 eggs to 1 pint of milk for custards.
5 eggs to 1 quart of milk for custards.
½ saltspoon of salt to 1 pint of milk for custards.
1 teaspoon of salt to 1 quart of soup stock or 2 quarts of flour.
1 teaspoon of vanilla to 1 quart of milk for custards.
2 ounces of gelatine to 1¾ quarts of liquid.
4 rounded tablespoons of cornstarch to 1 quart of milk.
3 heaping tablespoons of baking powder to 1 quart of flour.
1 even teaspoon of baking powder to 1 cup of flour.
1 level teaspoon of soda to 1 pint of sour milk.
1 level teaspoon of soda to ½ pint of molasses.
1 rounded teaspoon of baking powder is equal to ½ teaspoon of soda and 1 teaspoon of cream of tartar.
1 scant measure of liquid to 1 full measure of flour for batter.
1 teaspoon of mixed herbs to 1 quart of soup stock.
1 tablespoon of each chopped vegetable to 1 quart of soup stock.

Many of the recipes in this book have been left in their original form and proportions. They may be made to conform to the present standard of level measurements by referring to the following table:

1 rounded teaspoon	2 level teaspoons
1 heaping teaspoon	1 tablespoon
3 level teaspoons	1 level tablespoon
1 rounded tablespoon	2 level tablespoons
1 heaping tablespoon	3 level tablespoons
Butter size of an egg	¼ cup or 2 ounces
1 saltspoon salt	½ teaspoon

1 heaping cup of flour	1¼ cups
A few grains of salt	scant ⅛ teaspoon
2 tablespoons butter	1 ounce
4 tablespoons flour	1 ounce
1 cup of butter, packed solidly	½ pound
1 cup of granulated sugar	½ pound
1⅓ cups powdered sugar	½ pound
2 cups of flour	½ pound

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I

BREAD

GENERAL DIRECTIONS

Bread is often mixed the night before it is to be baked and left to rise from 8 to 10 hours, but the whole process of bread-making, from the mixing to the serving, can be done in 4½ hours, if sufficient yeast is used. In hot weather it is desirable to complete the work in a short time in order to prevent souring, which occurs if it is left for too long. Using the ordinary amount of yeast, allow 2 hours for the mixing and rising of the sponge, or dough; ½ hour for the kneading and molding; 1 hour for the loaves to rise in the pan; and 1 hour for the baking.

A thin batter, called a sponge, may be made at night, and the rest of the flour added in the morning, or the dough may be mixed and kneaded at night and only molded into loaves in the morning. But a better way, especially in summer, is to set the bread early in the morning and have it baked by noon. It must rise twice—once either in the sponge or dough, and again after it is molded into loaves. The old way of letting it rise 3 times is unnecessary, and increases the danger of souring.

If the dough gets very light before one is ready to work it, it should be cut away from the sides of the pan and pressed down in the center with a knife. This liberates some of the gas and retards fermentation. This can be done several times. If it rises too high, it will collapse, which means souring, but before that it loses its best flavor, and so should not be allowed to more than double its bulk.

The proportions of flour, liquid, and yeast cannot be exactly given, as flour of different qualities and degrees of dryness will absorb more or less liquid, and the amount of yeast to be used depends both upon the time allowed and the temperature.

Two cups of water or milk will take 6 to 7 cups of sifted flour, and this will make 2 small loaves. One half a compressed yeast cake will raise this amount in 2 hours if kept in a warm place. The other ingredients for this quantity are 1 teaspoon of salt, 1 tablespoon of sugar, and ½ tablespoon of butter, lard, or other shortening. Bread made of milk instead of water, and with shortening, is more tender than when water alone is used.

Mixing

Dissolve the yeast in part of the *tepid* water; in the rest of the water mix the salt, sugar, and butter; add the dissolved yeast, and then stir in enough flour to make a soft dough which will not stick to the hands. If the flour is cold, warm it. If milk is used, scald it, then allow it to become tepid before mixing it with the yeast. When the dough is to be made into rolls or fancy forms, it needs to be a little stiffer than for loaves.

Mixing a Sponge

A sponge is a thin milk or water batter made by mixing only a little flour with the other ingredients. This is left to stand until filled with large bubbles. The rest of the flour is then added to make the dough. When bread is to be made in a short time, it is better to set a sponge instead of making a dough at first, for in this way the second rising will be a little quicker.

The Crust on Dough

When a dough is mixed and set aside to rise, cover the pan with several thicknesses of cloth to exclude the air and so prevent a crust forming on the top. It also helps to keep the dough at an even temperature. If a crust forms, it is difficult to mix it in so thoroughly that it does not leave hard spots and lines in the bread.

Kneading and Molding

When the dough is made, it should be kneaded for 20 to 30 minutes. Turn it from the pan on to a lightly floured board, and work it by drawing it forward with the fingers and pushing it away with the balls of the hands, turning it all the time. This stretches the gluten and changes it from a sticky paste to a smooth, elastic substance. Use as little flour on the board as possible, and work it until it no longer sticks. The more it is worked, the finer will be the grain, and the less flour used the better will be the bread.

When *dough* is made at the *first* mixing, return it to the pan after it is kneaded and let it rise to double its size (not more), and then work it down, mold it into

loaves, and let it rise a second time in the baking pans. When a sponge is made, knead the dough when the flour is added to the sponge, and put it at once into the baking pans.

Baking

Divide the dough evenly and shape it to the pans as well as possible, filling the pans only half full. Cover and set them in a warm place free from draughts. When they have doubled (not more) in size, put them in the oven. The loaf rises a little more in the oven. If it is too light, it is likely to fall, which means it has soured, and for this there is no remedy. The loaf in the pan should rise in 1 hour.

Care in baking is even more essential than care in mixing and raising the bread. Test the oven by putting in a teaspoon of flour. If it browns the flour in 5 minutes, the heat is right. Have the fire prepared so it will not need replenishing during the hour required for baking. The bread rises after it goes into the oven, and is likely to rise unevenly if the oven is hotter on one side than the other; therefore it should be watched and turned carefully if necessary. At the end of 10 to 15 minutes the top should be browned, and this will arrest the rising. If the oven is too cool, the bread is likely to rise so much as to run over the pan or to have a hole in the center. If the oven is too hot, it will make a crust too soon, the center will be underdone, and the crust too thick. One hour is the time required for baking the ordinary sized loaf.

Care of Bread When Baked

When the bread is taken from the oven, turn it out of the pans and support the loaves in such a way that the air will reach all sides. If the loaves stand flat, the bottom crust will become moist. If wrapped in cloth, it will do the same and give a soft crust, which, however, some prefer. Bread should not be put in the breadbox until entirely cold.

Baking Bread Rolls

For baking rolls the rule is different from that for bread. To be very light, rolls should rise to more than double their original size, and the oven be hot enough to form a crust at once. It should brown flour in 1 minute and bake the rolls in 15 to 20 minutes.

BREADS MADE WITH YEAST

For those fortunate ones who have their bread made at home, it is a simple matter, on baking day, to make a number of delicious additions to the menu, such as pulled bread, dinner bread rolls, bread sticks, and fried bread, by utilizing a small part of the ordinary bread dough.

VIENNA BREAD

First dissolve 1 cake of compressed yeast in 3 tablespoons of tepid water. Then put into a mixing bowl

1 cup rich milk or thin cream
1 cup hot water
1 saltspoon salt
yeast cake, dissolved as above

Stir in briskly sufficient flour to make dough stiff enough to mold (about 6 or 7 level cups of flour to 2 of liquid). Turn out on floured molding board. Mold well until dough will not stick to board; grease baking tins with mixture of ½ lard and ½ butter; mold dough into loaves, divide evenly; place in tins and brush tops of loaves with mixture of lard and butter (as clear butter burns too quickly). Let rise 1 hour, then bake in an oven that will brown flour in 5 minutes. This recipe makes 2 loaves.

PULLED BREAD

When baking bread, allow 1 loaf to get a trifle lighter than the others. When baked and cool, cut off top crust. With a silver fork tear out pieces as uniform in size as possible until only the shell of the loaf remains. Place these on a tin and bake in a *very* slow oven until dry, light brown, and crisp.

DINNER BREAD

Make bread as directed in recipe for Vienna bread. Bake in roll tins open at the ends (to be found in any kitchen furnishing shop). Form the dough into a roll nearly the length of pan but thicker in the center than at the ends. Cut the loaves diagonally when serving. When one has tasted the crisp, delicate bread of these loaves, one will never be satisfied to have them omitted from the menu.

BREADSTICKS

A pan of small flutes for these finger rolls may be filled with the Vienna bread dough the length of the

flutes, but only half their width and depth. Bake until very crisp.

FRIED BREAD DOUGH

(*an old New England recipe*)

When making bread, work a piece of butter the size of an egg into 2 cups of the light bread dough. When it has risen twice, cut in 2 inch diamond shapes, and fry in deep fat. Serve as breakfast muffins or with maple syrup. The original recipe suggests cider and sugar, which makes them rather like a humble Baba. They are very good.

GRAHAM BREAD

The ingredients and proportions are the same as for plain Vienna bread, using graham instead of white flour. Add 2 or 3 tablespoons of brown sugar or molasses. Stir in flour until stiff, and place in a bowl *without* molding. When light, mold very lightly, place in tins, and proceed as with white bread.

SALT RISING BREAD

1 cup milk scalded (not boiled)
1 teaspoon salt
1 teaspoon sugar

Mix, and add enough corn meal to make a thick mush. (The southern water-ground corn meal is best for this bread.) Beat and let stand in a warm place overnight. In the morning add 1 quart of warm water and 1 teaspoon of sugar. The water must be warm only—not hot enough to scald the "risings," but cool enough to bear the finger in comfortably.

Add enough flour to make of the consistency of pancake batter (see tables) and let rise. When light, add flour enough to knead. Mold into loaves; let rise again, and bake from 40 to 60 minutes.

This bread has a very unpleasant odor when in process of making! But it is an old-fashioned and wholesome bread, very fine grained, appetizing, and delicious.

WHOLE WHEAT BREAD

2 cups milk scalded (not boiled)
¼ cup sugar or
⅓ cup molasses
4⅔ cups whole wheat flour
1 teaspoon salt
1 yeast cake dissolved in
¼ cup lukewarm water

Scald milk, add sweetening and salt, cool, and when lukewarm, add dissolved yeast cake and flour; beat well, cover, and let rise to double its bulk; beat again, and turn into greased pans, having pans ½ full; let rise, and bake. Whole wheat bread should not quite double its bulk during last rising. This mixture may be baked in gem pans.

BOLSA CHISA BRAN BREAD

1 pint lukewarm milk or water (milk preferred)
1 cake compressed yeast
4 cups sifted flour
4 cups bran
2 level teaspoons salt
½ cup lard
1 cup brown sugar
1 cup seeded raisins
½ cup ground flaxseed

Dissolve yeast in tepid milk and stir in flour; beat until very smooth; cover well; set in warm place and let rise until *very* light. When light, beat together lard and sugar; add with salt, bran, and flaxseed, to the sponge; beat well and stir in raisins.

Do not make as stiff as bread dough, but more like a thick batter. Put into 2 oiled tins, let rise ½ hour, and bake for 1 hour in moderate oven. This bread is slightly laxative.

SWEDISH BREAD

1 pint milk
2 heaping tablespoons butter
1 yeast cake dissolved in water
flour to make stiff dough
1 egg
½ cup sugar
6 coriander seeds shelled and pounded to a powder
¾ teaspoon cinnamon

Heat milk and butter together; let cool; beat egg, sugar, and spices together, add milk and flour. Let rise and knead into loaves or rolls. Let rise again and bake in hot oven.

POTATO ROLLS

Grate 6 raw potatoes, the size of an egg. Scald (do not boil) 1 pint of milk with 2 tablespoons of lard, 1 of butter, 2 of sugar, and 2 level teaspoons of salt. When cool, stir into milk 1 compressed yeast cake (dissolved in a little tepid water), grated potatoes, and flour enough to give consistency of bread dough (from 5 to 6 cups). Let rise; when light, mix down in bowl. When light again, knead well on floured board; roll out to ½ inch thickness. Cut in

half; spread 1 layer thickly with butter, place other on top. Cut into shapes not larger than 1½ inches by 3 inches.

Place in buttered tin, let rise until very light, and bake 15 minutes in a hot oven. Rolls should be entirely risen before placing in oven, which must be hot enough to brown them almost at once to check any further rising. Being small, the heat penetrates rolls quickly and sets the dough cells. Bread dough in the loaf continues to rise in oven until center cells are checked. Therefore it should not rise quite as high in the pan. The oven heat should be sufficient to arrest this rising before the cells break and run together, making a large hole in the loaf and spoiling the product.

ANNETTE'S PARKER HOUSE ROLLS

5½ cups flour
1 tablespoon sugar
1 teaspoon salt
2 cups scalded milk
1 cake compressed yeast dissolved in
¼ cup lukewarm water
4 tablespoons butter

Stir sugar and butter into scalded milk. When cool, add dissolved yeast cake and 3½ cups flour. Beat thoroughly. Let stand until light and full of bubbles, then add, slowly, the other 2 cups of flour, turn out upon molding board, dredge lightly with flour, and knead until smooth and elastic to the touch. Place in a buttered bowl and let rise to thrice its bulk; cut down and let rise again; turn out on molding board; roll or pull into a sheet ½ inch thick. Cut in rounds with biscuit cutter. Brush with melted

butter, fold over, press edges together. Let rise for about 1 hour. Bake 15 to 20 minutes in hot oven.

Annette was a Puritan survival, precise in speech, with great black-lashed gray eyes, fine softly curling black hair, and the most well-ordered mind, feet, and hands imaginable. In the intervals between her hour for piano practice—of a not too large repertoire—and the daily drive in the brightest, most dustless of little cars, she turned out from the oven of her spotless range wonderful dishes, to her friends' delight and her own satisfaction.

BREADS MADE WITHOUT YEAST

HOT BREADS

Sift powders (baking powder, soda, or cream of tartar) with the flour to mix them thoroughly (or dissolve soda in tepid water). Mix dry materials in 1 bowl and liquids in another. Combine them quickly; beat well. Put at once into the oven. The oven for baking bread should be hot enough to brown 1 teaspoon of flour in 5 minutes. For biscuits it should brown in 1 minute.

NUT BREAD

2 cups graham flour
1 cup wheat flour
1 teaspoon salt
1 teaspoon baking soda
½ cup molasses or maple syrup
½ cup brown sugar
2 cups milk
1 egg
2 cups chopped English or American black walnut meats

Black walnut meats as well as other nut meats are sold in tins and jars ready for use.

Sift the flour and salt into the mixing bowl. Dissolve soda in a very little tepid water and beat into molasses; put in bowl with sugar, milk, and egg. Then stir in nuts (dredged lightly with flour). Beat well and bake rather slowly for 2 hours in covered baking tin. This recipe makes 1 loaf.

OLD-FASHIONED CORN BREAD OR JOHNNYCAKE

(made with sour milk or cream)

Put into a bowl

2 cups sifted corn meal
½ cup sifted flour
1 teaspoon salt
1 tablespoon sugar

Mix well and add

1 pint sour cream or milk
1 scant teaspoon soda, dissolved in tepid water and added to the sour milk
2 eggs, well beaten

Beat *hard,* then add 2 tablespoons of melted butter and beat in well. Butter a pan 12 inches by 6 inches in size; pour in mixture and bake in hot oven for 30 minutes.

It may be of interest to know why johnnycake is so called. It is said to be a corruption of "journey cake," the name given by our forebears to corn bread made from Indian meal and sweetened with the native maple sugar or syrup. As it could be packed in saddle bags without injury and was palatable and nutritious, large quantities

were prepared when a journey was in prospect—hence the name "journey cake."

CORN BREAD
(with sweet milk)

Sift into a bowl

¾ cup corn meal, adding enough white flour to fill cup
2 teaspoons baking powder
1 saltspoon salt
1 cup sweet milk
2 tablespoons melted butter
1 egg
⅓ cup sugar

Beat briskly. Pour into buttered pan, or muffin tins, and bake in hot oven about 25 minutes.

SOUTHERN SPOON BREAD
(from Meeting Street, Charleston, S. C.—delicious!

2 cups hot boiled hominy (hominy grits in some sections)
1 heaping tablespoon butter
3 eggs
2½ cups sweet milk
1 cup white corn meal
1 saltspoon salt

Stir butter into the hot hominy. When slightly cooled, beat eggs and stir these in, then add milk, and sift in corn meal and salt. Beat well, then turn the mixture, which should be of the consistency of pancake batter, into a buttered baking dish. Bake in hot oven for nearly 1 hour. Serve with spoon from dish in which it is baked. This is delicious for breakfast

or luncheon with chicken or any salt fish such as finnan haddie, kippered herring, or creamed codfish.

KENTUCKY SPOON BREAD

Scald 1 pint of corn meal in 1 quart of boiling water. Let stand until fairly cool. Then beat in 2 eggs, ¾ saltspoon of salt, 1 tablespoon of butter, and 1 pint of buttermilk in which has been dissolved 1 level teaspoon of soda. Beat thoroughly and bake in buttered dish in brisk oven for 35 or 40 minutes.

SPIDER CORN BREAD

1 egg
1¾ cups milk
1 cup corn meal
⅓ cup flour
2 tablespoons sugar
1 teaspoon salt
2 level teaspoons baking powder
1 tablespoon butter

Beat egg and add 1 cup of the milk; stir in corn meal, flour, sugar, salt, and baking powder sifted together; turn into frying pan in which butter has been melted; pour on remainder of milk, but do *not* stir it in. Bake 25 minutes. Cut in triangles and serve hot.

CORN MEAL CRISPS

⅞ cup corn meal
1 cup boiling water
2½ tablespoons butter
1 level teaspoon salt

Beat into a smooth batter, and spread evenly with a spatula on the top of an inverted and buttered tin; bake in a hot oven.

The crisp may bake unevenly, the outer edges browning before the center, in which case cut the browned portion away in squares, or other shapes, and return the pan to the oven until all is browned. To be served as soon as baked as salad or luncheon bread.

CORN MEAL BREAKFAST MUFFINS

Sift together

1 cup white corn meal
1 cup flour
2 teaspoons baking powder
1 saltspoon salt

Add

1 cup sweet milk
1 egg
2 tablespoons melted butter
1 tablespoon sugar

Grease muffin tins with cold butter (or ½ butter and ½ lard). Bake in hot oven about 20 minutes.

AUNT MINNIE'S MUFFINS

½ cup corn meal
1 cup flour
1 teaspoon baking powder
½ teaspoon salt
1 heaping tablespoon lard and butter mixed
1 heaping tablespoon sugar
1 egg
1 cup milk

Cream the shortening and sugar; add the egg, well beaten; then the milk; and last, the flours sifted to-

gether with the baking powder. Pour into buttered muffin tins, and bake in a quick oven. This recipe makes 12 muffins.

MUFFINS DEARBORN

4 eggs
½ cup potato flour
1 teaspoon baking powder
1 tablespoon sugar
2 tablespoons ice water
½ teaspoon salt

Beat whites of eggs stiff; add sugar and salt to well beaten yolks. Then fold in the beaten whites. Sift in flour and baking powder. Mix well, then add ice water. Bake in buttered muffin pans 20 minutes in moderate oven.

CORN MEAL AND RYE MUFFINS

⅓ cup rye flour
¾ cup corn meal
3 teaspoons baking powder
½ teaspoon salt
3 tablespoons honey
2 tablespoons fat
(butter, Crisco, or lard)
1 egg

Sift dry materials together. Beat egg, add milk, and stir into dry materials. Add honey and fat heated together and beat well; pour into shallow buttered muffin tins and bake 25 minutes in a moderate oven.

BARLEY GEMS

1 cup barley flour, sifted
1 cup rice flour
1½ cups milk

1 tablespoon Karo syrup
2 tablespoons melted fat
1 teaspoon salt
4 teaspoons baking powder
1 egg

Sift dry materials; beat egg; add to milk and stir into dry materials. Add shortening and syrup. Beat well and bake in shallow gem pans 25 to 30 minutes in a quick oven. If desired, 1 extra teaspoon of baking powder may be used and the egg omitted. Corn flour may be substituted for the rice flour.

A.A.'S BAKING POWDER BISCUITS

1 quart flour
3 teaspoons baking powder, slightly rounded
½ teaspoon salt
½ cup shortening (½ butter and ½ lard)
3 cups sweet milk

Sift flour, baking powder, and salt into mixing bowl. Rub in butter with fingers. Add milk. Cut and stir briskly with a stiff *knife*. Sprinkle molding board with flour and mold dough into form for rolling. Roll out to thickness of ½ inch, and cut with small round cutter. Bake in quick oven for 20 minutes. The delicacy of these biscuits depends upon the light, deft touch in molding. Biscuit dough is best when mixed as *wet* as it can be molded. As the absorbent quality of flours varies, judgment must be used in the amount of liquid required.

BREWSTER'S BAKING POWDER BISCUITS

3 cups flour
3 teaspoons baking powder
½ cup sugar
½ teaspoon salt

Sift together and rub into same with fingers 1 tablespoon of lard and 1 of butter. Moisten with milk to a soft dough. Roll out and cut into shapes and bake 20 minutes in a moderate oven.

OLD-FASHIONED SODA AND CREAM OF TARTAR BISCUITS

Sift with 4 cups of flour, 2 level teaspoons of cream of tartar and 1 teaspoon of salt. Add 3 tablespoons of cream and 1 teaspoon of baking soda dissolved in tepid water. Mix the whole with milk until rather soft. Bake in hot oven. It is convenient to make the mixture soft enough with milk to enable one to stir it well with a spoon and drop it in the buttered baking pan. It should spread, not run. For a family of 3 or 4, make ½ the measure.

POP-OVERS

1 cup flour, measured before sifting
1 cup milk
2 eggs
¼ teaspoon salt
1 tablespoon melted butter

Sift salt and flour; add milk gradually to make smooth batter; add eggs, beaten with a fork, and butter. Beat 2 minutes *until the batter is full of bubbles* and turn into *hissing hot iron* gem pans well buttered after they are heated. Bake in very *hot* oven (about 450° F. when the pop-overs are put in) for 30 minutes. Then lower the temperature of oven to about 350° and continue the baking for 10 or 15 minutes. This recipe makes 8 pop-overs.

BREWSTER'S SCOTCH SCONES

(for afternoon tea)

3 cups sifted flour
3 teaspoons baking powder
2 tablespoons fine sugar
1 rounded tablespoon butter
1 egg
½ teaspoon salt
1 cup milk

Rub the flour, butter, baking powder, and salt together with the tips of fingers, thoroughly, but lightly, to let the air in. Beat the egg; add sugar to it and beat again. Mix with the dry ingredients. Add milk to make a moist dough. Mix thoroughly, turn out on floured board, but do not knead. Divide dough into 6 parts, pat each piece into a circle ½ inch thick, and cut into 4 sections. Place these scones on a floured tin and bake in a *hot* oven until nicely browned. Prick with a fork before putting in oven. Eat hot with butter or jam.

ENGLISH BUTTER SCONES

Dissolve ½ cup sugar in 1 cup milk; mix with ½ pound butter, rubbed well into 3 cups flour sifted with 1 slightly rounded teaspoon baking powder, 1 well beaten egg, and 1 level saltspoon salt. Shape mixture; place on lightly floured molding board; roll to ½ inch thickness; cut with small sized biscuit cutter; bake on buttered tin in hot oven 20 minutes. When baked, split; dip each inner side in melted butter and put together again. These are delicious for afternoon tea or luncheon.

TEA BISCUITS WITH ORANGE MARMALADE FILLING

2 cups flour
5 teaspoons baking powder
6 tablespoons Crisco, lard, or other fat
1 teaspoon salt
¾ cup milk

Sift dry ingredients. Work in fat; add milk to make of right consistency to roll (as elasticity of flours varies, the amount of wetting cannot be exactly determined). Roll out on floured board to ½ inch thickness; cut with biscuit cutter. Spread half the rounds with orange marmalade (not too thickly at the edge, as it will run out and burn); place remaining rounds on top of marmalade. Rub tops with soft butter. Bake in hot oven 10 to 15 minutes. When baked, split; dip in melted butter and put together again.

GRANDMOTHER'S SALLY LUNN NO. 1

(*with sour milk*)

1 quart sifted flour
2 teaspoons cream of tartar
1 saltspoon salt
¾ cup sugar
2 eggs
½ cup melted butter
2 cups sour milk
1 level teaspoon baking soda

Sift the cream of tartar, the salt, and the sugar into the flour. Add the eggs, without having beaten them, the butter, melted, and 1 cup of the milk; dissolve the soda in the remaining cup, and then beat all together

for a few minutes. Bake in 3 pans, the size of a breakfast plate, for 15 or 20 minutes.

For a family of 4 or 5 make ½ the measure.

NO. 2
(*with sweet milk*)

1½ cups flour
1 teaspoon baking powder
½ cup sugar
⅓ cup melted butter
½ teaspoon salt
2 eggs
¾ cup of milk

Mix all dry ingredients; add beaten yolks of eggs and milk; beat well; add beaten whites of eggs. Put in 2 well buttered round tins and bake in hot oven.

BOSTON BROWN BREAD

Sift into a mixing bowl

1 cup corn meal
2 cups graham flour or
1 cup graham and 1 cup rye flour

Dissolve 1½ level teaspoons of soda in 3 tablespoons of tepid (not hot) water. Beat soda into ⅔ cup of molasses. Add to mixture

1 cup sweet milk
1 cup sour milk
½ teaspoon salt
2 tablespoons seeded raisins

Steam 3 hours in covered mold and bake 10 minutes in hot oven or bake 1 hour in covered baker.

This bread, when cold, is very good for cream cheese sandwiches, or may be toasted and buttered.

WHOLE WHEAT NUT MUFFINS

1½ cups whole wheat flour
½ cup white flour
½ cup chopped nuts
1 teaspoon salt
1 egg
2 teaspoons baking powder
2 teaspoons fat
1 cup milk
2 teaspoons sugar

Sift white flour with baking powder, salt, and sugar. Add whole wheat and chopped nuts; stir well. Add unbeaten egg, together with melted fat and milk. Beat well and pour into well buttered muffin pans. Bake in hot oven 30 minutes.

HUCKLEBERRY CAKE

(*a cake bread*)

1½ pints berries
½ cup broken butter
2 cups sugar
1 quart sifted flour
1 teaspoon salt
2 eggs
2 cups sour milk
1 teaspoon soda

The berries should be picked over, washed carefully, and dried. Cream butter, add 1 cup of sugar, and cream again. Mix berries in the flour, seeing that every berry is coated with it. Beat yolks and whites of eggs separately, then add yolks to whites,

and sift the second cup of sugar gradually into the eggs. Place the creamed butter and sugar in the center of the flour and berries. Turn the eggs and sugar upon this mixture, and stir. Add sour milk as the batter thickens, beating with great care. Pass spoon well under the whole mass around the bowl, then break up through the center. Bake in loaf tin, or rather large, shallow muffin tins. Bake as other cakes, not opening oven for at least 10 minutes.

This is very delicious for luncheon. The only fussy part about this recipe is the care that must be taken to keep the berries whole while beating or stirring the batter.

BROWNED BOSTON SODA CRACKERS

Split large Boston crackers and soak in *ice water* for about 20 minutes, or until very soft. Butter a pan *very thickly*. Lift crackers out carefully with pierced griddle cake turner. Spread them generously with softened butter, place in buttered pan, and bake in hot oven until golden brown. Serve with soups and salads.

GRIDDLE CAKES AND WAFFLES

BUCKWHEAT CAKES NO. 1

1 quart lukewarm water
1 teaspoon salt
3¼ cups buckwheat flour
½ cup wheat flour
¾ cake compressed yeast
2 tablespoons sugar or molasses

Dissolve yeast cake in little tepid water, add to the remainder of the water, and stir with flour and salt

until it makes a smooth batter. Let stand overnight. In the morning add sugar or molasses. Bake on hot buttered griddle. Save 1 or 2 cups of this batter each time and use in the place of fresh yeast for 2 risings. If cakes seem sour, add ½ teaspoon baking soda dissolved in a little tepid water.

NO. 2

(*an old Ohio recipe*)

For a family of 4 or 5 use

1 quart warm water
1 tablespoon scalded corn meal
1 heaping teaspoon salt
1 cake compressed yeast

Stir in enough buckwheat flour to make a thin batter (see table of proportions); let rise overnight. In the morning add ¼ teaspoon baking soda just before cakes are to be baked. Wind a piece of muslin around a steel fork, letting it extend 1 inch beyond the tines, and use to butter griddle.

BREAD PANCAKES

Soak in milk enough grated white bread (crust removed) to make 2 large cups when well softened; add

2 tablespoons melted butter
2 beaten eggs
1 teaspoon salt
½ cup flour
1½ teaspoons baking powder
enough milk to make a smooth, thin batter

Bake on hot griddle.

ROMAN PANCAKES

1 cup whole wheat flour
½ cup rye meal
½ cup bran
2 tablespoons ground flaxseed
1 tablespoon sugar
1 tablespoon butter
1 teaspoon salt
2 eggs
2 teaspoons baking powder
2 tablespoons molasses

Beat yolks of eggs separately; add other ingredients excepting the baking powder and whites of eggs, with enough milk to make batter (1 scant measure of liquid to 1 of flour). Beat, and let the batter rest for 1 hour. Then beat in whites of eggs, add baking powder, and bake on a griddle.

WHEAT GRIDDLE CAKES NO. 1
(with sweet milk)

Put into a bowl

1 pint milk (2 cups)
1 egg
1 tablespoon melted butter
1 saltspoon salt
2 cups flour
2 heaping teaspoons baking powder
1 tablespoon sugar

Beat hard and well; drop in large spoonfuls on very hot buttered griddle; turn when little bubbles begin to rise and the griddle side is brown.

For *corn meal* pancakes substitute 1 cup corn meal for 1 cup flour.

For *rice* pancakes substitute 1 cup well boiled rice for 1 cup flour.

NO. 2
(*with sour milk*)

At night, stir together

1¼ cups flour
1 cup sour milk
1 teaspoon salt

In the morning, add

1 tablespoon brown sugar
1 tablespoon butter
1 well beaten egg
1 level teaspoon baking soda

Stir until a smooth batter. Do not stir much after putting soda in.

CORN MEAL GRIDDLE CAKES

1 cup fine corn meal
1 tablespoon sugar
¼ teaspoon salt
2 tablespoons butter
2 level teaspoons baking powder
¼ cup milk
1 cup cold water

Sift the dry ingredients together, add the others, and stir briskly. Bake at once on a well oiled griddle or skillet. The peculiar granular consistency of corn meal, which is a disadvantage under some circumstances, is an advantage in making griddle cakes or waffles, for it makes them very tender.

CORN MEAL MUSH

Corn meal mush to serve either boiled or fried should be made as follows:

Have a kettle or saucepan of fresh actively boiling water (2 or 3 quarts) in which 1 tablespoon of salt has been dissolved. Pour corn meal in very slowly, that the temperature of the water may not be lowered during the process. When mush is almost thick enough, let it boil for a few minutes, stirring constantly, then cook over slow fire on asbestos mat for about 1 hour. This gives a digestible and palatable corn meal mush.

For frying, pour the mush into a large shallow pan, rinsed with cold water, and let stand until hard and cold. Cut in desired shapes and fry in butter. Serve with creamed codfish, or with maple syrup.

WAFFLES

Waffle Irons

A waffle iron should fit closely on the range, be well heated on one side, turned, heated on the other side, and thoroughly greased before iron is filled. In filling, put 1 tablespoon of mixture in each compartment near center of iron, cover, and mixture will spread to just fill iron; if sufficiently heated, it should be turned almost as soon as filled and covered. In using a new iron, especial care must be used in greasing or waffles will stick.

CREAM WAFFLES
(very delicious!)

Beat together

1 pint thin sweet cream
3 eggs
1 saltspoon salt
1 tablespoon sugar
2 tablespoons melted butter

Then sift in 2 cups flour with 3 teaspoons baking powder. Beat the flour into the other ingredients briskly and well; rub waffle irons with butter, and when *hot,* pour in batter and bake to a delicate brown. Butter, and serve with maple syrup or honey. The delicacy and tenderness of the waffles depend largely upon *beating* (not stirring) the flour in.

CORN MEAL AND RICE WAFFLES

½ cup corn meal
½ cup flour
1 teaspoon salt
½ teaspoon soda
1 cup boiled rice
2 well beaten eggs
2 tablespoons melted butter
1 cup sour milk

Mix ingredients thoroughly. Cook in well buttered waffle iron.

II

APPETIZERS AND GARNISHES

FRUIT COCKTAILS, ETC.

In preparing any combination of fresh fruits in their own juices, they should be peeled, seeded, freed from fiber, if any, sweetened to taste, flavored, placed in covered bowl, and chilled on ice for at least 1 hour before serving. Granulated sugar should be used for sweetening, as powdered sugar often gives a milky appearance to juice.

Any "left-overs" in the way of jellies, preserves, or sweet spiced fruit juices, may be added to grape fruit, oranges, and other fresh fruits to make a first course for a summer luncheon.

Balls cut from watermelon, covered with claret syrup, with orange, lime, or lemon juice added, are quite delicious as a first course for luncheon in summer. Sprinkle with mint leaves, finely minced. Serve cold in glasses.

SUPRÊME OF GRAPE FRUIT

Allow 1 extra grape fruit for the number to be served. Cut them in half and remove sections with spoon, taking care not to break them any more than necessary. Place them in bowl, sprinkle lightly with sugar; cut the yellow rind in fairly large pieces from

the extra grape fruit skin; and squeeze rind over grape fruit in bowl to liberate the deliciously flavored oil in the skin. Put a few pieces of the yellow "zest" of peel in bowl, cover, and chill in ice box for ½ hour. When ready to serve, fill shells and serve in the usual way.

COUPE MELON

Shape ripe watermelons or cantaloupe into small balls with a French vegetable scoop. Squeeze the juice of 1 orange and ½ lemon into a cup, then add enough grape juice or Claro syrup to fill the cup, and sweeten to taste.

Pour the juice mixture over the melon balls and put them in ice box to chill. Serve in long-stemmed glasses as first course for a summer luncheon or light dinner. A little fresh mint, finely chopped and sprinkled over the top, adds a pleasing flavor and gives variety. Any small fruits may be served in this way.

CANAPÉS

The author makes a special appeal to the hostess that when toast is used as the base of any dish, it be made the last thing before the dish is served, crisp, brown, and buttered. The average toast she has met in this position recalls a line from one of our beautiful old hymns: "How firm a foundation."

CANAPÉS PÂTÉ DE FOIE GRAS À LA RUSSE

Toast thin rounds of bread. Spread with foie gras purée, and place a slice of hard-boiled egg on top.

Garnish with tiny strips of anchovy, and a little caviare.

SAVOURY PIQUANTE

(*cold*)

Pound to a smooth paste

1 small onion
4 boned anchovies
1 tablespoon cheese
1 teaspoon freshly made English mustard
1 teaspoon minced parsley
¼ teaspoon salt
dash of cayenne

Spread on small rounds of bread, fried and drained.

CAVIARE EGGS

(*cold*)

Hard boil as many eggs as are required, shell, and cut in half. Remove yolks and powder them. For each egg allow

1 teaspoon caviare
1 teaspoon butter
½ teaspoon lemon juice
dash of cayenne

Blend with yolks until smooth. Fold in caviare last. Fill whites and serve on thin slices of boiled beets, marinated in equal parts of lemon and onion juice slightly salted.

ANCHOVY PASTE, TOMATO AND PIMIENTO CANAPÉ

Peel and cut as many thin slices of small tomatoes as you wish canapés; top with tinned pimientos cut in

rounds of the same size. Then blend 2 teaspoons anchovy paste with 2 tablespoons butter; spread on rounds of toast, cover with pimiento and tomato, and top with thick mayonnaise. Slice pimiento olives and cut thin strips of pimiento. Garnish each canapé with strips of the pepper, centering in a slice of olive, and place olive slice between each section. Sprinkle with minced chives. These canapés are delicious for luncheon served with a plain beet salad, French dressing.

MEXICAN HORS D'ŒUVRE

(*cold*)

1 cup very finely minced cold cooked ham
¼ cup sharp cheese, grated
¾ teaspoon grated onion
1 tablespoon tomato catsup
dash of Tabasco sauce

Mix well and spread on rounds of bread, toasted or fried. Top with whipped cream mixed with ½ teaspoon grated horse-radish and dash of paprika. Garnish with sprig of parsley or dust minced parsley over top.

RUSSIAN CRAB-FLAKE COCKTAIL

Make a sauce from

4 tablespoons chili sauce to
1 cup mayonnaise
1 teaspoon onion juice
2 teaspoons walnut catsup
yolk of 1 hard-boiled egg, finely chopped
1 teaspoon minced olives
2 tablespoons fresh caviare

Fill glasses ½ full of large fresh crab flakes.

Pour over them some of the sauce. Then fill glasses to the top with crab flakes. Top with a generous portion of the sauce with 1/4 teaspoon of caviare in the center. Serve on plates with individual paper doily under glass and lemon point on each plate.

SAVOURIES

HERRING SAVOURY

(hot)

Savouries offer an excellent means of using left-overs and may also be served as hot hors d'œuvres. One of the simplest is quite delicious, made from kippered herrings. Mince herring (about 1/2 cup) and blend with

1 teaspoon minced parsley
1 teaspoon anchovy essence
powdered yolk of 1 egg
1/4 teaspoon flour
1 tablespoon butter or cream
1/8 teaspoon paprika
4 shakes of Tabasco

Stir over fire; when smooth, spread on buttered side of rounds of bread, toasted on 1 side, the other dipped in melted butter. Garnish with sprig of parsley and lemon points, or whip white of 1 egg, pile some on each round, dash a little paprika on top, and set in oven until crisp. Serve very hot with same garnish.

SAVOURY OF GAME

Any left-overs of game, minced and heated in a very rich curry sauce until sauce is nearly absorbed,

make an appetizing savoury. Fry small rounds of bread in butter, drain, and top with mixture. Sprinkle with sieved yolk and minced white of hard-boiled egg. Dust with finely minced parsley. Serve very hot.

CAMEMBERT SAVOURY

It is sometimes better to end a heavy dinner with a savoury rather than a sweet. This recipe is one suited to make a happy finish to such a dinner.

Cut slices of bread ½ inch thick in small oval slices and fry in butter on 1 side. Drain and let cool.

Mix some ripe Camembert cheese into a paste with butter, seasoned with mustard and cayenne. Spread this on the unfried side of the bread crusts, and put in a brisk oven to color for a few moments before serving.

CHINESE DREAMS

Prepare small rounds of bread, toast delicately, and butter on both sides. Rub smooth 1 large Philadelphia cream cheese with 1 tablespoon of cream and 1 tablespoon of vinegar. Mince 1 sweet pepper, half red and half green, and mix with the cheese. Spread thickly on the rounds of toast and place in a hot oven for 5 minutes. Serve hot or cold as hors d'œuvre or with salad. These are much liked and easily made.

ANCHOVY AND CHEESE SAVOURY

Drain as many anchovies preserved in oil as you require savouries. Roll in grated cheese mixed with a dash of cayenne and dip in melted butter. Place

each filet of anchovy on thin finger of bread fried in butter. Set in hot oven. Serve very hot.

TUNNY FISH CANAPÉS

Prepare slices of bread cut in finger lengths, remove crust, and fry in clarified butter. Drain, and, when cold, spread with butter flavored with lemon juice, minced tarragon, and chives. Cover with thin slices of preserved tunny fish.

JELLIED TOMATO CANAPÉ

Make a clear tomato jelly and mold in small molds, or partly fill after-dinner coffee cups. When thoroughly set, heat a coffee spoon in hot water, scoop out a small cavity, and fill with pâté de foie gras purée, or caviare.

Dissolve the jelly that was taken out, cover the opening again, and set on ice to harden. When ready to serve turn out on a svea, or cassava wafer that has been lightly crisped in the oven and brushed with butter.

On one side lay a fine sardine, on the opposite, ½ a deviled egg, cut lengthwise, filled with the pâté and topped with a sprig of parsley or cress, with a stem of parsley bent as a handle to form a basket of egg. Place a spray of cress on the third side, a slice of perfect lemon opposite, topped with a slice of pimiento olive, a very small piping of mayonnaise around the base of jelly, and a bit on top.

SARDINES ON TOAST

Drain oil from 1 box of sardines and heat them thoroughly in

2 teaspoons butter
½ teaspoon anchovy paste
1 tablespoon white wine vinegar
1 tablespoon water
dash of white pepper

Serve very hot on buttered toast.

SARDINE STAGGER

Drain 1 box of sardines and heat them thoroughly in 1 cup of salted cooking sherry. Serve with crisp biscuits and cheese.

MOCK PÂTÉ DE FOIE GRAS

Broil or fry calves' liver, or use bits of left-over liver. Put through the meat chopper twice. Add ¼ cup of fine, soft white bread crumbs for every cup of the liver. Mix thoroughly, place in a double boiler, add a clove of garlic and an egg, salt, pepper, butter or bacon drippings to taste. Heat thoroughly but do not cook. Have ready rounds of toast; spread each evenly with this mixture, and serve garnished with slices of stuffed olives, or spread on thin slices of white bread for sandwiches.

CAVIARE CANAPÉ

Sauté small rounds of bread ¼ inch thick in butter on 1 side only until of a delicate brown. Spread unbrowned side with water cress butter (made by mincing and rubbing the cress with butter and dash of lemon juice). With pastry bag and tube, pipe a tiny border of the water cress butter around the edge. Fill the centers with caviare and minced white of hard-

boiled egg in equal proportions. Flavor with very little onion juice and 1 squeeze of lemon.

A LIST OF GARNISHES
(*from an old cookbook*)

Parsley

is the most universal garnish to all kinds of cold meats, poultry, fish, butter, cheese, etc.

Horse-Radish

is the garnish for roast beef and for fish in general; for the latter, slices of lemon are laid alternately with heaps of horse-radish.

Lemon

Slices of lemon for boiled fowl, turkey, and fish, also for roast veal and calf's head.

Carrot

in slices for boiled beef—hot or cold.

Barberries

fresh or preserved for game.

Red Beet

root, sliced, for cold meat, boiled beef, and salt fish.

Smelts

(fried) as garnish for turbot.

Sausages

(fried) or force meat balls around roast turkey, capon or fowl.

Lobster

coral, and parsley around boiled fish.

Fennel

for mackerel and salmon either fresh or pickled.

Currant

jelly for game.

Seville Orange

in slices for wild duck, widgeons, teal, chicken.

Mint

either with or without parsley, for roast lamb, hot or cold.

Gherkins

(pickled), capers, or onions for some kinds of boiled meats or stews.

Lemon Points

are better than slices of lemon to serve with fish or salad as garnish, as there is less waste, and the juice may be pressed out without soiling the fingers. To make lemon points, cut the lemon in half, and then cut the half in quarters.

Ripe Olives

(hors d'œuvres). To make ripe olives even more delicious than they usually are, soak them overnight in olive oil to which has been added a small clove of garlic.

Butter Balls

(maître d'hôtel). Roll in finely minced chives or parsley, and alternate with strips of crisp bacon as a

garnish for beefsteak. Maître d'hôtel butter is made by working lemon juice and minced parsley into butter.

Fried Parsley

Pick some branches of young parsley, wash them well, drain them, and swing them in a clean cloth until they are quite dry. Put in frying basket and dip into hot fat that is on the point of boiling. Take out the instant it is crisp and drain on cloth spread over inverted sieve. Sprinkle very lightly with salt and pile in center of chop plate—with chops arranged in circle about the parsley—or as garnish around steak or chops.

ROQUEFORT AND CREAM CHEESE BALLS

½ lb. Roquefort cheese
1 small cream cheese
butter the size of a walnut
½ teaspoon Worcestershire sauce
dash of paprika and cayenne
dash of salt
1 teaspoon minced olives

Blend the cheese and butter; then add the seasoning by degrees. Form into balls with butter paddles; serve with salad.

HOT CHEESE BALLS

1½ cups mild soft cheese
1 tablespoon flour
dash of cayenne
whites of 3 eggs, well beaten
½ teaspoon salt

Put the cheese through a potato ricer. Mix well but very lightly with other ingredients; shape into balls about the size of a golf ball. Roll in bread crumbs and fry in deep, hot fat. Drain on paper. Serve hot with green salad, French dressing with a touch of garlic.

WELSH RAREBIT NO. 1

1 tablespoon butter
½ lb. cheese, cut in small pieces
¼ saltspoon salt
¼ teaspoon mustard
few grains cayenne
⅓ to ½ cup ale or beer
1 egg

Put butter in chafing dish; when melted, add cheese and seasoning; as cheese melts, add ale gradually, stirring constantly; then add egg slightly beaten. Serve on thin crackers or bread toasted on one side, the rarebit being poured over the untoasted side. Much of the success of a rarebit depends upon the quality of the cheese. A rarebit should be smooth and of a creamy consistency, never stringy.

NO. 2

Put in chafing dish and dissolve

1 teaspoon cornstarch
1 teaspoon butter
½ teaspoon salt and
½ teaspoon mustard
¼ teaspoon pepper

Then add ¾ cup of milk, heat, and add ½ pound of broken cheese.

CHEESE FONDUE

Use the foregoing recipe and add 1 cup bread crumbs soaked in 1 cup milk, with yolks and whites of 2 eggs beaten separately. Rub inside of dish with clove of garlic.

CHEESE PURÉE

This is a preparation of cheese easily made, is delicious, and keeps well. Mix together until it is like a soft cream

½ lb. fresh American cheese
2 large tablespoons butter
salt
cayenne pepper
dry mustard to taste

Put in enough mustard to give it a bit of a prick, then add enough good brandy to flavor, but not enough to make it soft and "mushy." Pack in a tightly covered jar for several days before eating. As noted in the introduction, nonalcoholic flavoring may now be obtained at leading grocers'.

CHEESE SOUFFLÉ

Melt 2 rounded tablespoons butter; add 1 heaping tablespoon flour, stirred smooth, ½ cup hot milk, ½ teaspoon salt, and ⅛ teaspoon cayenne. Cook 2 minutes, then add yolks of 3 eggs, well beaten, and 1 cup grated cheese. Stir until smooth and cheese is melted, but do not boil. Cool, then add whites of eggs, beaten to stiff froth; turn into buttered dish and bake from 25 to 30 minutes. Serve at once as entrée or with green salad, French dressing.

JELLIED CAMEMBERT CHEESE

Use one ripe Camembert cheese, imported preferred. Scrape off as much of the skin as possible, and yet have the cheese retain its perfect shape; score it with a knife to make 8 divisions; insert a thin paring of green pepper along each line. In the center place a piece of pepper, cut in a fancy shape—a clover or a star; add enough water to 1 small tin of consommé to make 1 pint of liquid. Dissolve 1 tablespoon granulated gelatine in a little of the cold liquid. Heat the remainder, season with pepper, salt, and a dash of lemon juice. When hot, take off fire and add gelatine. Pour ⅓ of it into a bowl that will take in the cheese, and leave a little space around the edge. Put on ice to set. When nearly hard, place the cheese in bowl, pepper side down, and pour the remaining liquid over. If the cheese comes up to the surface a small glass or cup will steady it until it has set. Turn out on salad plate and surround with crisp lettuce or cress. Serve with French dressing and hot toasted crackers. The green pepper shows through the jelly and also serves as a guide in cutting. This is delicious as a last course for luncheon to serve with the coffee at table, or as a separate course.

III

ENTRÉES AND EGGS

Many of these dishes may be served, as all entrées may be, either as a course or as a side dish.

JELLIED SALMON

2 lbs. fresh salmon
½ tablespoon sugar
½ tablespoon salt
1 teaspoon dry mustard
1½ teaspoons lemon juice
1½ tablespoons melted butter
2 egg yolks, slightly beaten
¾ cup cream
¼ cup table vinegar
3 teaspoons granulated gelatine
1½ tablespoons water
dash of red pepper

Boil 2 pounds of fresh salmon, and flake the fish with a silver fork. Soften the gelatine in 1½ tablespoons cold water, and dissolve over boiling water.

Mix all the ingredients, excepting the fish and gelatine; cook in a double boiler, stirring constantly until it thickens; remove from fire, add the gelatine and, last, the fish. Fill border mold with the mixture and put in ice box to chill. Serve with anything in the center that you like. Tomatoes and cucumbers with mayonnaise, or French dressing, make the best

combination. Always rinse molds with cold water before using.

LOS ANGELES SALMON

(*"Sweet and Sour"—from a Hebrew epicure*)

Boil the following ingredients in 1 pint of water. Remove the round tops from 2 or 3 cloves, and put them with 5 or 6 whole peppercorns, a bay leaf, and 2 onions, a carrot, and a stalk of celery, all sliced; after boiling 10 minutes add ½ cup granulated sugar and ½ cup white wine vinegar; after sugar is well dissolved, add 3½ pounds of salmon, cut in 3-inch squares. When fish is tender remove from liquid and arrange symmetrically on platter. Make a sauce for it as follows:

yolks of 4 eggs beaten light with
1 teaspoon flour and
2 tablespoons finely ground blanched almonds

Strain a large cup of the liquid in which the fish was boiled and beat it slowly into the eggs in dish placed over boiling water; continue beating until sauce thickens. Just before removing from fire, add 4 tablespoons butter, a little at a time, and 2 teaspoons minced parsley. Pour over fish and serve hot or cold.

LOBSTER NEWBURGH

Cut in pieces the meat of 2 medium-sized boiled lobsters. Put 2 rounded tablespoons fresh butter into a pan or chafing dish. Add lobster and toss lightly; when the butter begins to assume a pinkish color (in about 2 minutes) add 1 level tablespoon flour, 2 salt-

spoons paprika, and 1 generous wineglass of the salted sherry or Madeira now procurable for seasoning. Cook for 5 minutes, then add ½ pint cream and let come to the boiling point. Beat the yolks of 3 eggs with 2 tablespoons cream. Stir in quickly and remove from the heat as soon as thickened. Do not allow it to boil actively.

If the sherry used is rather dry, 1 level teaspoon powdered sugar added with the cream gives smoothness and is not detected. When salted sherry or Madeira is used, no other salt is necessary.

FISH TIMBALES

Cut in small pieces 1 pound of any very fresh white, uncooked fish; pound it well in a mortar or put through meat grinder 2 or 3 times; then press through a purée sieve. To every cup of fish pulp add 1 tablespoon grated stale (not hard) white bread (crust removed) which has been soaked in milk or cream until soft. Strain or press through sieve; then add to each cup of pulp

beaten yolk of 1 egg
10 drops of onion juice
1 teaspoon salt
¼ teaspoon pepper
dash of nutmeg or Banda mace

Beat all together until light; then for every cup of pulp, beat in lightly the whites of 2 eggs, whipped stiff.

Put the mixture in a well buttered oval or round border mold, filling it only ¾ full; set into a pan of warm water deep enough to cover ¾ of the mold. Cover the mold with oiled paper and poach in a

moderate oven for 20 minutes. *Do not let the water boil hard.* Let poach like a custard. Turn the timbale out on a hot dish and fill the center with lobster Newburgh.

The fish may also be cooked in individual molds, in which case garnish bottom of molds with tiny fancy designs, cut from pimientos, olives, and truffles; serve with a rich cream sauce to which ½ glass sherry flavoring, chopped mushrooms, and truffles have been added.

TWO OYSTER SAUCES
(*for center of fish timbales*)

Put 1 well rounded tablespoon butter in pan rubbed with a pricked clove of garlic and brown with 1 tablespoon flour, 1 tablespoon Worcestershire sauce, juice of 1 lemon, salt, and paprika. Into this stir the heated and strained liquid from 1 pint of oysters. When smooth turn in oysters and cook until they are plump and edges begin to curl. Then add 3 tablespoons sherry.

Or, omit sherry and lemon from the above recipe. Brown flour and butter; add 1 tablespoon Harvey sauce and hot oyster juice; add 2 well beaten egg yolks to 1 cup cream; sauté oysters in sauce until plump and edges curl. Serve either as sauce for individual timbales, or in center of a large one baked in border mold.

SHRIMP A LA ANDREE DU BOIS

Arrange cold cooked shrimp in a circular shape about 3 inches in diameter. Over these pour a little soft mayonnaise and 1 sprinkle of cayenne. On top

of the shrimp place a layer of thinly sliced cucumber dressed with French dressing. Add a sprinkling of minced chives or chopped mild onion. On top of this place a cold poached egg, cooked rather soft in a poaching ring. Decorate the top with mayonnaise and capers, chopped parsley, or chives. Border with wreath of water cress and serve.

NOTE: There is a "common or garden variety" of grater with one face of half moon cuts that makes the thin slicing of cucumbers quick and painless.

EGG TIMBALES

6 eggs
1 tablespoon butter
½ tablespoon flour
1½ cups cream or rich milk
¼ teaspoon white pepper
½ teaspoon salt
dash of cayenne
1 teaspoon onion juice
1 teaspoon minced parsley

Make a sauce of the flour, butter, and milk. Add yolks, well beaten, and the seasonings. Beat whites of eggs stiff and fold into mixture. Fill molds ¾ full, place in pan of hot water, and bake for 20 minutes.

Brown ¾ cup of coarse bread crumbs in 1 tablespoon of butter. Turn timbales out on dish, sprinkle bread crumbs over them, and pour tomato or bread sauce around them. Serve corn bread crisps with the timbales.

MOUSSE OF CHICKEN AND CELERY

1 pint finely ground breast of chicken
16 blanched almonds
2 large hearts of celery

Mix and put through meat grinder. Then add

juice of 1 lemon
1 teaspoon salt
1 teaspoon Worcestershire or soyu sauce
¼ teaspoon paprika or white pepper

Dissolve 3 tablespoons gelatine in 1 pint hot chicken stock. Stir until dissolved (do not boil after gelatine is stirred in). Beat well with egg beater and, when nearly cold, add chicken, celery, and almond mixture, 6 tablespoons mayonnaise and 3 cups cream (whipped). Place in mold in ice box to stiffen. Serve on bed of lettuce or cress and mask mousse with mayonnaise sprinkled with minced pistachio nuts. This amount will serve 15 people.

CHICKEN TIMBALE

(*with artichoke bottoms and mushrooms*)

Cut in pieces 1 pound of raw chicken breast; put through meat grinder 2 or 3 times; then press through a purée sieve.

To every cup of chicken pulp add 1 tablespoon of grated bread crumbs (crust removed), soaked in thin cream until soft and pressed through a sieve. Add

beaten yolk of 1 egg
1 teaspoon salt
¼ teaspoon white pepper
¼ teaspoon mace or nutmeg

Beat all together until light; then for every cup of pulp, beat in lightly the whites of 2 eggs, whipped until light. Put mixture into a well buttered oval border mold, filling it only ¾ full. Place in pan filled with warm water. Cover mold with oiled paper and bake in moderate oven for 25 minutes. Do *not* let the water boil *hard* even for a minute. The mousse should poach.

When cooked, invert on hot serving dish. Fill center with fresh or tinned mushrooms, and artichoke bottoms, cut in pieces the size of mushrooms, mixed in a rich white or suprême sauce. If mushrooms are fresh they should be peeled, stems removed, and cooked over hot fire in covered pan with 1 tablespoon of butter for 7 or 8 minutes. Sprinkle chopped truffles over top of sauce.

Fresh green or French peas or green corn cut from cob, may be served with this dish, or used to make a thick border.

ARTICHOKE AND SWEETBREAD

Boil sweetbreads and shape into pieces the size of artichoke bottoms. Sauté in butter until delicately browned.

Toast rounds of bread on 1 side, dip untoasted side in butter, and spread with artichoke purée. Then place on this a hot artichoke bottom with piece of sweetbread on top. Cover with a rich brown sauce. Serve very hot.

Make the artichoke purée by rubbing artichoke bottoms through purée sieve, heat, and season with butter or cream, salt and pepper.

ARTICHOKE BOTTOMS

(with new green or French peas)

Heat the tinned *fonds des artichaux* in acidulated water (1 tablespoon lemon juice in enough water to keep them from burning). Use enough rich white or suprême sauce to bind the peas. Drain artichoke bottoms well and pile the peas in them. The sauce must be rich and well seasoned but delicate, and poured over, or about the base.

SWISS CHARD WITH HOLLANDAISE SAUCE

Boil enough leaves of young Swiss chard in salted water to fill a buttered border mold, oval or round. When well minced and drained, season with butter, salt, and pepper; pack into mold and place over hot water to keep warm.

Cut the stems into ¾ inch lengths and boil until tender. Drain well, toss in butter and 1 teaspoon lemon juice; turn out packed chard from mold on hot platter or serving plate; fill center with stems and pour over them a rich hollandaise sauce. Serve as an entrée or vegetable.

SPINACH AND CUCUMBERS HOLLANDAISE

Cook enough spinach to pack a border mold, mince, and season with salt, pepper, butter, and 1 tablespoon of onion juice. Pack mold; keep hot over water. Peel and remove seeds from enough cucumbers to fill center of mold, cut in dice, and boil in salted water until cooked, but not too soft. Drain well, reheat, and toss in 1 tablespoon of butter and 1 of lemon juice. Turn spinach out on hot plate, fill center with drained cucumbers, and cover them with hollandaise

sauce. The onion juice may be omitted from the spinach, and minced chives sprinkled on the hollandaise. Both may be omitted and any minced green herb sprinkled on the hollandaise for color.

CARROT RING

2 cups carrots, boiled and rubbed through sieve
1 cup grated bread crumbs
1 teaspoon onion juice
1 teaspoon Worcestershire sauce
½ teaspoon paprika
1 pint cream
6 eggs

Beat yolks of eggs, add cream, and beat well; then add bread crumbs and seasoning. Whip whites of eggs and beat in last with carrots. Turn into very well buttered border mold, and let poach in pan of water in oven for 30 minutes. Fill center with green peas and border with rich white sauce.

CHESTNUTS AND MUSHROOMS CASSEROLE

1½ pounds Italian chestnuts
½ pound mushrooms

Boil and blanch the chestnuts; peel the mushrooms, mix, and put in casserole. Pour over them 1 quart of highly seasoned white sauce. Grate ¾ pound of soft, mild cheese, sprinkle thickly on top, and bake in hot oven from 20 to 25 minutes.

CHICKEN LIVERS

Wash livers, wipe dry, and cut in halves. Mix 1 tablespoon butter, 1 teaspoon dry mustard, and 1

sprinkle cayenne to a cream. Spread livers with this mixture and wrap each piece in a wafer of bacon. Broil over hot fire or cook in hot skillet, turning often. Have prepared rounds of bread, fried quickly on both sides in butter. Place liver on bread, garnish with parsley. Serve with pickled walnuts or sweet gherkins. Three livers will serve 6 persons.

JERUSALEM ARTICHOKES

Jerusalem artichokes are a much neglected vegetable. In selecting them choose the smoothest procurable (if you hope for salvation), for the crooked are very hard to peel. Cook until soft in boiling salted water to which 1 tablespoon of vinegar has been added. Plunge at once into cold water and peel.

JERUSALEM ARTICHOKES AU GRATIN

Slice cooked Jerusalem artichokes and place them in a buttered baking dish with alternate layers of béchamel or white sauce. Sprinkle the top with grated bread crumbs and cheese. Dot with bits of butter and bake in a hot oven until sauce simmers and top is browned.

JERUSALEM ARTICHOKE SOUFFLÉ

Mix 2 cups Jerusalem artichoke purée with 1 cup white bread crumbs, soaked in milk and rubbed through sieve, and yolks of 4 eggs. Season with 1/4 teaspoon dry mustard and 1 teaspoon salt. Beat in 2 tablespoons whipped cream and whites of 2 eggs. Turn into buttered soufflé cases, and bake in hot oven from 20 to 25 minutes.

JERUSALEM ARTICHOKE CHIPS

Peel Jerusalem artichokes, cut into thin slices; place in salted water with 2 tablespoons lemon juice for about 1 hour. Drain and dry, then fry, a few at a time, in deep hot fat. Drain, shake in basket or napkin, dredge with salt, and serve.

SPAGHETTI AND MUSHROOMS

(*a Virginia recipe*)

Cook one 7 ounce box of spaghetti in water 15 minutes. Then add to a sauce made as follows:

1 cup cream
1 cup milk
2 tablespoons butter
1 teaspoon salt
1 cup grated cheese

Mix all in a saucepan, as in directions for making sauces. Add the spaghetti and cook in double boiler 1 hour. Half an hour before serving add ½ pound of fresh mushrooms chopped fine, 1 teaspoon onion juice, 1 tablespoon Worcestershire sauce, ½ teaspoon paprika, and 2 sprinkles cayenne. Serve as an entrée.

TAGLIARINI

Tagliarini is the fine, ribbon-like variety of Italian paste. Served with the following sauce it is an excellent supper dish.

Sauce

Peel and slice 6 fairly large onions in frying pan and cover with olive oil. Let them fry down well,

then season with 1 teaspoon salt and ½ teaspoon paprika. Add to pulp from 2 quart tins of tomatoes

½ teaspoon celery salt
2 cloves of garlic
2 bay leaves
⅔ cup dried mushrooms soaked in cold water, cooked and chopped
1 teaspoon chili pepper
1 teaspoon salt
½ teaspoon paprika
2 cups stock or gravy

Add the fried onions and let sauce boil gently until thick. Boil tagliarini in salted water, as in directions for cooking spaghetti. When ready to serve, pour sauce over tagliarini on large platter; cover top with grated Parmesan cheese; put in hot oven until cheese begins to melt. Serve with dish of grated cheese.

SPAGHETTI ALLA REGINA

This delectable dish is very easily made. Boil 8 ounces of spaghetti or tagliarini in the usual way; drain, and keep hot. Bring to the boiling point ¾ pint of cream (1½ cups). Stir into it a little at a time 10 ounces of sharp American or Parmesan cheese grated. Stir constantly until the mixture is perfectly smooth, then add 2 tablespoons butter, bit by bit, ½ teaspoon salt, ¼ teaspoon powdered mace, ½ teaspoon paprika, and 1 sprinkle of cayenne. Toss the spaghetti in the sauce. Serve very hot with a dish of grated cheese.

This recipe was gleaned from the cuisine of a very great Florentine lady at whose table the author first

tasted the famous *spaghetti alla regina* (spaghetti to the Queen's taste). The spaghetti was boiled and kept hot over water in a wonderful old silver dish. On the tray before the hostess was a brazier, flanked by great branching candelabra and silver dishes containing other ingredients for the sauce—all the seasonings, each in its box marked by a distinctive design, as charming as though Benvenuto Cellini had fashioned them.

Sauce for Spaghetti

1 quart tin tomatoes
2 onions
½ clove of garlic
2 carrots
2 stalks celery
1 tablespoon sugar
2 large tablespoons olive oil or any sweet fat
½ cup sifted flour
1 teaspoon paprika
1½ teaspoons salt
2 bay leaves
3 whole cloves
½ cup grated Parmesan, Reggiano, or American cheese
½ cup strong meat stock
1 cup dried mushrooms, soaked for 25 minutes in cold water

Fry onions in 1 tablespoon fat, add to tomatoes, minced garlic, carrots, celery, and the seasonings. Let boil 25 minutes; rub through purée sieve; heat butter or other fat; stir in flour; add hot stock (slowly, as in making other sauces), the tomato purée, and the mushrooms cut in julienne strips, and cook

for 20 minutes longer. Toss spaghetti with ½ cup grated cheese or in butter. Pour sauce over it. Serve with grated cheese.

ENCHILADAS

(when far from their Mexican home)

Fry in oil or butter cold boiled corn meal mush ¾ inch thick cut in 2½ inch squares. In separate pan fry 6 large white Spanish onions. Have ready 1 cup minced green olives, 1 cup grated cheese, and 1 cup rich tomato sauce, highly seasoned with chili pepper. Arrange the fried mush in rows on a well buttered platter or shallow baking dish of glass or porcelain; place half the onions over the mush, then half the cheese, olives, and tomato sauce; then another layer of mush, onions, cheese, and olives, and last, add the remaining sauce. Put in hot oven from 10 to 15 minutes. Serve very hot as entrée or late supper dish.

GNOCCHI

1 pint milk
¼ cup cornstarch
¼ cup flour
¼ cup butter
½ cup grated cheese
yolks of 2 eggs
½ teaspoon salt

Smooth flour and cornstarch in a little of the milk; add to remainder of milk, and cook for 15 minutes. Add butter, cheese, and egg yolks. Stir well until smooth and the eggs are cooked, but do not boil. Spread in buttered pan in layer ¾ inch thick. When cold, cut in diamond-shaped pieces. Sprinkle with

cheese and heat in the oven until top is a delicate brown.

Gnocchi are not strictly an entrée, but may be served either as a course or as a side dish.

GNOCCHI ALLA ROMANA

Scald 1½ cups of milk, then add

2 tablespoons butter
4 tablespoons farina
2 tablespoons grated Parmesan cheese
yolks of 3 eggs
2 or 3 gratings of nutmeg

Mix well and cook until thickened. Spread ½ inch thick in well buttered pan. When cool, cut into squares, diamonds, or triangles. Put 2 tablespoons cream and 1 tablespoon cheese in fireproof dish. Place the shaped mixture in it. Dust more cheese over the top and put in hot oven for 5 or 6 minutes. Serve hot in same dish.

GNOCCHI DI SEMOLINA

(*gnocchi of farina*)

1 pint milk
1 egg
1 teaspoon salt
½ cup farina
¼ cup butter
½ cup grated cheese

Bring milk to boiling point and add farina slowly. Cook for 10 minutes, stirring continually. Take off fire and stir in, very quickly, 1 slightly beaten egg. Spread farina about ¾ inch thick in pan rinsed out

with cold water. Let cool, cut in squares, butter a baking dish and put in layer of farina, sprinkle thickly with cheese, dot lightly with butter. Add alternate layers of farina, cheese, and butter, until dish is full, the top layer to be of cheese and butter. Bake in a hot oven until a brown crust forms. Serve in baking dish.

MEXICAN OLLA PODRIDA

3 cups boiled unpolished rice
1½ cups fried onions
¾ cup grated American cheese
¼ cup butter
½ cup pimientos
1 pint stewed and seasoned tomatoes

Cover bottom of well buttered baking dish with rice. Sprinkle on a layer of fried onions, then a layer of cheese, pimientos, and the well seasoned tomatoes. Dot with butter and continue until all is used, making the last layer of rice and cheese. Bake, covered, for 1 hour in a moderate oven, removing the cover the last 15 minutes to brown the top.

EGGS

EGGS MARGUERITE

1 cup cream
6 eggs
1 tablespoon butter
thinly sliced cheese
salt and pepper
dash of cayenne

Put butter in pyrex or earthenware shirred egg dish. When melted enough to cover bottom, add ½

cup of the cream, seasoned with salt and pepper; then add thin layer of cheese. Break eggs carefully into dish, pour other ½ cup of cream over them; add seasonings and another thin layer of cheese; bake slowly for 20 minutes. The eggs may be cooked in individual dishes if preferred.

EGGS AU BEURRE NOIR

Brown 3 tablespoons of butter in pan, season with salt and pepper; add 1 tablespoon malt vinegar. Break eggs into pan carefully, cover, and let cook until eggs are set.

SAVOURY EGGS

Slice and fry 1 large onion in butter. When cooked and brown add 1 cup milk, 3 hard-boiled eggs cut in half lengthwise and sliced; stir over slow fire for 5 minutes. Meanwhile have prepared

beaten yolks of 2 eggs
1 teaspoon minced parsley
2 tablespoons grated cheese
⅛ teaspoon paprika
½ teaspoon salt
dash of cayenne

Add to the onion mixture and stir over slow fire for 7 or 8 minutes longer. Just before serving add dessertspoon of lemon juice. Serve very hot on rounds of buttered toast. A slice of fried tomato may be placed on the toast, if desired, before topping with the eggs. Season tomatoes well with salt and pepper when frying. The 2 egg yolks, herbs, cheese, etc., should be made ready before the other ingredients are prepared.

EGGS L'AURORE

6 hard-boiled eggs, whites minced, yolks grated
1 medium sized onion, boiled and minced
2 tablespoons butter
2 tablespoons flour
2 cups thin cream or rich milk
salt and pepper (white or paprika) to taste

Melt butter in saucepan. When it bubbles, add flour. Stir until smooth, add hot cream or milk slowly, stirring until it boils and is smooth. Add minced onion and egg, reserving a little of the powdered yolk for sprinkling over top of dish. Arrange rounds of buttered toast on platter and pour the mixture over them. Sprinkle with powdered yolk. Garnish with parsley and small triangles of toast.

This recipe was called "Eggs like the Dawn of Day" in an old cookbook of 1780.

EGGS ROCHELON

1 level tablespoon butter
1 level tablespoon flour
¾ cup thin cream
cheese
salt
white pepper
dash of cayenne or paprika, to taste

Melt butter, add flour, and stir smooth. Heat cream and stir in slowly. Butter shirred egg dishes. Cover bottom of dishes with sauce. Break eggs into this. Cover with sauce. Sprinkle liberally with American cheese and bake in hot oven until eggs are set.

EGGS FLORENTINE

On bases of freshly cooked spinach, chopped and seasoned with 1 tablespoon butter, 1 teaspoon onion juice, salt and pepper, place poached egg. Pour hollandaise sauce over all, sprinkle with minced truffles, and serve very hot.

TOMATO OMELETTE
(*Italian frittata di pomidoro*)

Peel and remove seeds from 2 ripe tomatoes. Cut in pieces and let cook for 5 minutes with

½ teaspoon minced sweet marjoram
½ teaspoon minced parsley
½ teaspoon salt
¼ teaspoon paprika
1 teaspoon sugar
tiny dust of clove and cinnamon

Make omelette of 3 eggs and when it begins to set on the bottom of pan, pour on tomato mixture, lifting it into the eggs very lightly with a fork, without penetrating the browning bottom. Roll and serve at once.

EGGS Á LA SUISSE

Butter shirred egg dish and line with very thin pieces of cheese. Break in the eggs, put in oven until barely set, then pour over a thin cream sauce. Sprinkle with dry grated cheese, and return to oven to brown.

EGGS ON ANCHOVY OR SARDINE TOAST

Bruise a clove of garlic and rub the inside of a frying pan well with it. Then put in 2 heaping table-

spoons of butter and 1 cup of cream. When it is hot, pour in 5 well beaten eggs, seasoned with ½ teaspoon of celery salt and ¼ teaspoon of paprika. Stir rapidly until eggs are like a thick custard, then heap on rounds of hot buttered toast spread with anchovy or sardine paste.

HUEVOS RANCHEROS

(*Eggs Ranch Style—José Maria Verdugo Hacienda*)

Chop together

3 medium-sized onions
3 tomatoes
2 sweet green peppers
½ teaspoon minced parsley

Put into frying pan with 1 tablespoon butter, cook until onions are tender, and serve as sauce for fried eggs. The quantity is sufficient for 6 eggs.

One who was called "an inspired cook" by an almost reverent epicure gave the author the following directions for frying eggs: "Eggs properly fried should be cooked in individual rings, covered with hot metal sheet or pan. This method of covering eggs while frying ensures eggs cooked on both sides without the necessity of turning them."

EGGS BENEDICT

Prepare a round of bread or ½ an English muffin; toast on one side, dip other side into melted butter. On this place a *very* thin slice of broiled ham. Place a poached egg on top of ham, mask all with hollandaise sauce, and sprinkle with minced truffles.

JAPANESE EGGS

Boil 6 eggs hard. Remove shells and cut eggs in half. Take out yolks, rub smooth, add gradually 4 boneless sardines (mashed fine), salt and paprika to taste, and 2 tablespoons of sardine oil. Roll mixture into balls and return to space from which yolks were taken.

Wash in 5 or 6 waters ½ cup of rice. Boil until tender. Put rice in bottom of individual well buttered molds. Cut off a little of the whites of eggs, so that they will stand. Set them in the rice, put in oven for 5 minutes. Turn out, cover with tomato or hollandaise sauce, and serve at once.

VENETIAN EGGS

Fry 1 tablespoon chopped onion in 1 tablespoon butter; add 1 small bay leaf, 1 teaspoon salt, 1 sprinkle cayenne, 1 pint tinned tomatoes, drained, and 3 tablespoons chopped cheese. When this is thoroughly blended and hot, break into it 3 eggs, whole. Cook just long enough to set the whites. Serve on toast. In doubling the rule, use only 5 eggs.

EGGS CHIPPOLATA

Prepare a Chippolata sauce the day before this dish is to be served. Heat prepared sauce; fry tiny Chippolata sausages; add to sauce; poach the required number of eggs and pour sauce around them; sprinkle truffles over the top.

EGGS PIQUANTE

(cold)

Hard boil some eggs, allowing a little more than

1 egg to a person. While hot, press through ricer, cool, and mix with heavy mayonnaise. Season well with salt, white pepper, and paprika. Press at once into molds, and put in ice box. When ready to serve, turn out on artichoke bottoms or slice of tomato. Pour over the whole, mayonnaise that has been thinned with tomato catsup. Garnish with pimola olives or a little caviare.

POACHED EGG IN TOMATO

(*per person*)

Remove skin and center of large ripe tomato. Season well with salt and paprika. Place in a buttered ramekin.

Cut a piece of bread large enough to keep the center of tomato open. Dip bread in onion juice, or rub well with garlic, insert in tomato center, and bake until tomato is cooked.

Remove piece of bread, put in 1 teaspoon of butter, and break a fresh egg in center. Cover with browned buttered bread crumbs. Return to oven and cook until egg is set. Serve immediately.

DEVILED EGGS

Hard boil 6 or 8 eggs, drop in cold water, and peel. When cold, cut in halves, either lengthwise or crosswise. Remove the yolks and powder them. Place 1 tablespoon of powdered yolk in a deep soup plate and mix with olive oil, added a little at a time, alternating with the powder, until all but 2 tablespoons of the yolk is used and a rather thick paste is made. Then add

1 tablespoon lemon juice
1 tablespoon tarragon vinegar
¾ tablespoon grated onion
1 teaspoon salt
paprika
dash of mustard

Stir in the reserved yolk and pile mixture lightly in center of the whites, placing sprig of parsley or cress on each; place on bed of lettuce leaves sprinkled with 2 tablespoons of French dressing. For a picnic or train luncheon, stuff centers, place halves of eggs together, and wrap in oiled paper.

SCRAMBLED EGGS WITH CHEESE AND GREEN PEPPERS

2 tablespoons butter
3 tablespoons chopped green pepper (the mild, sweet variety)
⅓ medium-sized onion, grated
¼ cup grated cheese
¼ cup cream
5 eggs slightly beaten

Melt butter, add pepper and onion, let cook 1 minute; add cream, then cheese, and eggs. When well blended, serve on buttered toast, with slice of delicately fried bacon on top.

CREAMED EGGS

6 hard-boiled eggs
2 cups rich white sauce

Remove shells and cut eggs lengthwise. Take out yolks while hot. Mash them finely and mix with them

1 tablespoon melted butter
1 tablespoon sweet cream
½ teaspoon salt
a little white pepper
dash of mace

Refill eggs with mixture. Put in buttered dish and pour hot sauce over them. Sprinkle with buttered crumbs and brown in oven.

CALIFORNIA EGG SWEET ENTRÉE

Poach eggs in hot maple syrup. Serve on rounds of toast spread with butter, cream cheese, and ground nuts. Pour a little syrup over eggs.

This is a delicious dish when served either for late breakfast or an epicurean luncheon *à deux*.

EGGS MARINIÉRE

Drop 5 or 6 eggs *very carefully* into a well buttered shallow baking dish, glass preferred. In the spaces made by the whites, put 2 or 3 small oysters, and alternate with freshly boiled shrimps (or tinned shrimps heated) until all the spaces are filled. Sprinkle lightly with salt and paprika and a dash of cayenne. Then pour over all a rich, well seasoned white sauce, not enough to *swim* the eggs, but enough to moisten them well. Sprinkle with grated American cheese, not stale and not too fresh, but fresh rather than stale. Dot with small lumps of butter and bake in oven until light brown and eggs are set. Serve at once for luncheon or late supper.

EGGS NANTUCKET

Cut rounds of bread 3 inches thick. Hollow out

in center to form cups. Fry in butter, or toast and brush with melted butter. Fill with creamed lobster and place poached egg on top. Sprinkle with lobster coral and truffles.

EGGS HOITY-TOITY

(*to serve 5 people*)

yolks of 2 eggs
1 pint cream

Dilute cream slightly with milk if desired and heat in double boiler. Add 1 teaspoon at a time to yolks of eggs to prevent addling, then mix all together. Spread thin bloater paste on white toasted bread. Pour on cream and serve.

IV

SOUPS

Soup performs an important function in every well planned dinner and may be made a nourishing food. Even without its food value it is said to serve as an appetizer, thereby rendering valuable service.

STOCK

For fresh meat stock, the shin bone is cheap and nourishing and contains the best form of fat. Add highly seasoned vegetables, spices, and sweet herbs when stock begins to simmer.

The nutriment in the meat is largely in its juices, and, that these may be extracted for stock, the meat should be cut in small pieces and placed in cold water. Allow 1 quart of cold water to every pound of meat and bone. Set on back of range in covered kettle, and when water becomes red, bring kettle forward and let it heat slowly. The water should then be kept just below the boiling point (at about 185° F.) until the juices have been well drawn out of the meat. This requires from 2 to 3 hours. If more water is needed while simmering, use boiling water. Cold or lukewarm water spoils the flavor.

Stock should be prepared the day before it is to be used so that the fat may be easily removed when cool. If the stock is allowed to remain overnight after straining, the cake of fat may be removed with-

out breaking, and replaced after taking out a part of the stock. This will aid in keeping the stock sweet, as it excludes the air.

To clarify stock, strain through a flannel cloth, or allow it to become a little more than lukewarm; then for every quart of stock allow the white and broken shell of 1 egg. Beat the egg slightly, add a cup of cold water, and beat again; then add to it the stock, stirring until the boiling point is reached. Boil 2 minutes, let simmer for 10 minutes, and strain through a cloth.

Recipes for consommé, julienne, bouillon, or other clear soups may be found in any of the standard cookbooks.

POT AU FEU

Pot au feu, properly made, is truly delicious, savory, and delicate. The best cup for this soup is from the lower round end of the beef.

4 lbs. lean beef
6 quarts water
2 small turnips
2 onions
2 carrots
1 parsnip
1 cup tomatoes measured
  after cutting
2 potatoes
2 whole cloves
2 bay leaves
1 clove of garlic
5 allspice
1 tablespoon each of
  small pieces of lemon peel
  small pieces of green pepper
  celery leaves and parsley minced
  salt and pepper

Put the meat into cold water and let it come *slowly* to the boiling point. When the scum, which will rise, is rather thick, skim the soup and set back on range where it will boil *gently* but steadily for 1 hour. Add vegetables, finely cut, and seasoning. Boil gently from 4 to 5 hours, or cook in a fireless cooker. Serve with grated cheese.

RUSSIAN BORSCH

6 lbs. shin of beef
3 quarts water
1 cup carrot cubes
½ cup sliced onion
6 cloves
2 allspice berries
2 stalks of celery
1 sprig of parsley
1 beet, grated coarsely
1 tablespoon salt
10 peppercorns
3 tablespoons butter
1 cup raw grated beet

Prepare and cook the beef as in directions for stock. Fry vegetables in butter for 5 minutes; then add to soup with the other seasoning. Boil gently for 1¾ hours. Strain, cool quickly, remove fat. Just before clearing add 1 cup of raw grated beet and ¼ cup of vinegar. Select very red beets for this soup. Serve as soon as possible after clearing, otherwise the soup loses its bright red color. Place spoonful of sour whipped cream in each plate.

MINESTRA CASA LINGA

Chop or cut into cubes 2 large or 4 small onions and ½ pound of salt pork. Fry them together in a

soup pot until they are golden brown. Shred 1 small cabbage. Mince ½ cup each of any vegetable you may have in the kitchen supply, except turnips and potatoes—carrots, lima beans, celery, corn, tomatoes, but *always* cabbage. When the vegetables are prepared, lay them in cold water. Take out with the hands, letting whatever water is on them remain, and drop into pot with browned pork and onions. Fry for 20 minutes, then add as much salted water as may be required for average family, allowing 3 cups for the pot.

Boil soup gently for 2 hours, no less. Twenty-five minutes before serving, add a handful of macaroni or spaghetti, broken into pieces. Let simmer until the spaghetti is soft and serve with grated cheese.

This makes a homely and delicious Italian vegetable soup.

ANNA'S ONION SOUP AU GRATIN

(*a fine and nourishing soup*)

Make a stock from

4 lbs. beef (shin)
1 knuckle of veal
2 onions
1 carrot
minced celery and parsley

Add (tied in cheesecloth)

6 cloves
bay leaf
6 coriander seeds (crushed)
12 peppercorns

Boil as in directions for soup and stock. Strain and skim when cold. The stock should be strong and

well flavored. Peel and slice thinly 12 medium-sized onions. Fry in butter until tender and of a golden brown. Place in bottom of deep casserole and cover with very thin slices of *French* bread, toasted. Cover these with grated cheese. Fill casserole with stock and cook in oven 1 hour. Serve with grated Parmesan cheese.

The vegetable and grain compound called "savita" is a very satisfactory substitute for stock, if the stock pot is empty.

ONION SOUP FOR SIX

Slice 4 large onions and fry in butter until golden brown. Put into casserole or *petite marmite* with 1 quart rich stock. Salt and pepper to taste and cook in oven 1 hour. Serve with grated cheese and croutons. Fry croutons in *butter*.

ONION CREAM SOUP

4 onions
1 tablespoon butter
1 quart stock
1 cup cream
1 egg
grated Parmesan cheese
salt and pepper

Slice the onions and fry in butter until golden brown. Add stock and let simmer for ½ hour. Add egg and cream beaten together. Stir until smooth. Do not boil. Sprinkle with Parmesan cheese, and serve with tiny rounds of bread, cut thin as Saratoga chips and toasted in oven.

MULLAGATAWNY SOUP

This is an East Indian curry soup. It may be made from chicken, hare, or any other good meat, but

chicken or hare are preferable, or half veal and half chicken. First, "catch your hare," cut it (or other meat) into small pieces, roll in flour, and brown in butter. Second, mince and brown 1 large onion in 2 tablespoons of butter. Third, brown 3 tablespoons of flour in 3 tablespoons of butter. Mix these ingredients well with

1 apple (chopped)
1 teaspoon salt
½ teaspoon pepper
1 teaspoon sugar
½ teaspoon mace
1½ teaspoons curry powder
3 tablespoons freshly grated cocoanut, or cocoanut tinned in the liquid

Add slowly to all of the above ingredients 8 cups of white stock and allow to simmer in a soup kettle for 2 hours. Strain and press through a sieve. Serve a teaspoon of cooked rice in each plate of soup.

TOMATO CURRY SOUP

6 cups rich stock
1 large tin tomatoes
2 onions
½ cup sago
1 large apple
3 slices lean bacon
1 tablespoon sugar
1 level dessertspoon curry powder
2 whole cloves
salt and pepper to taste

Soak the sago in a cup of water until water is entirely absorbed. Chop apple and onion roughly and stew with the bacon, sugar, salt, spices, and tomatoes

until reduced to a soft pulp. Strain and rub through sieve. Add stock and sago and boil until sago is very clear. If a very sharp flavor is desired, add more curry powder.

BLACK BEAN SOUP

2 cups black beans
2 cloves
6 peppercorns
1 small onion
¼ cup chopped celery
½ teaspoon dry mustard
1 tablespoon butter
1 tablespoon flour
brown stock or water
1 hard-boiled egg
1 lemon
¼ cup sherry or Madeira flavoring
(as these wines are now salted, omit salt)

Soak beans overnight. In the morning put them into a saucepan with the cloves, peppercorns, celery, and onions; cover with cold water and let them boil slowly until tender. Then draw off the water and rub through a purée sieve; add to the pulp enough brown stock to make the soup the consistency of thick cream. Add pepper, mustard, and powdered yolk of 1 egg.

To *bind* the soup, melt 1 tablespoon of butter, stir into it 1 tablespoon of flour; cook together until brown; dilute to smoothness with a little stock before adding it to the soup, to cook for 5 minutes. Remove from fire and add sherry or Madeira flavoring. Serve very hot with 1 thin slice of lemon and 1 thin slice of egg in each plate.

RED BEET SOUP

(*Dutch*)

3 lbs. shin of beef
3 quarts water
3 onions
1 teaspoon salt
1 teaspoon whole allspice
½ cup vinegar
½ cup sugar
6 medium-sized beets
¼ teaspoon pepper

Wipe the meat and cut the lean part into cubes. Place in a soup kettle, together with the water, the onion, sliced thin, the salt, pepper, allspice, vinegar, and sugar. Boil the beets for 10 minutes, remove the skins, and grate, reserving ½ cup to color soup 10 minutes before serving. Add to the soup and cook the whole for 2½ hours, replenishing the water as necessary. Add raw beets, scald, strain, and serve.

SCOTCH BROTH

1 lb. mutton (neck or leg)
1 quart cold water
4 tablespoons pearl barley
2 tablespoons each of
minced carrots
onion
turnip
celery
1 tablespoon minced parsley
1½ tablespoons butter
½ tablespoon flour
1 tablespoon salt
1 saltspoon pepper

Wash and pour boiling water over barley and let soak overnight. Wipe the meat with a clean wet

cloth; remove the fat and skin; scrape meat from bones and cut into ½ inch cubes. Cook meat and bones separately. Let meat cook quickly and skim as it begins to boil. Strain water from bones and add all the other ingredients. Let cook slowly until barley is very soft.

BEEF TEA
(for invalids)

Select a fine piece of round of beef, wash, and dry. Trim it free from all fat. Cut in pieces; place in well scalded fruit jar (see that cover is very tight); place jar in kettle of cold water; let come slowly to boiling point. Boil until meat looks whitish; strain off into clean, air-tight jar. Heat, but do *not* boil, and serve. A piece of stick or some small kitchen utensil may be placed in the bottom of the pot to keep jar erect and prevent cracking.

GENERAL DIRECTIONS FOR CREAM SOUP

Mushrooms, green peas, lima beans, asparagus, cucumbers, corn, onions, potatoes, spinach, etc., may be used in cream soups.

Be sure that as much vegetable pulp as possible passes through the purée sieve, and use milk or white stock (veal or chicken), or both to thin soup. Mushrooms demand white broth, preferably chicken.

The green tips of asparagus should be reserved after cooking, and a few placed in each plateful of cream of asparagus. One must confess that a whole cup of pulp of asparagus is not easy to achieve! However, less pulp with some of the water in which the asparagus is cooked makes an acceptable soup.

TOMATO BISQUE

1 quart fresh or canned tomatoes
1/8 teaspoon baking soda
1/2 teaspoon salt
1 tablespoon butter
yolk of 1 egg
1 dessertspoon sifted flour
1 cup thin cream
1 tablespoon sugar
paprika to taste

Stew tomatoes and strain through a purée sieve. Be sure that all the pulp passes through, or the bisque will be insipid and colorless. Put strained tomatoes in a double boiler. Add salt, sugar, and paprika. Beat yolk of egg and add a little milk to thin it. Stir in flour until it is smooth. Fill cup with cream, and when well smoothed with flour and egg, stir into the tomatoes. Last, add butter, bit by bit. Do not boil, or the soup will curdle. When the soup has thickened, serve with 1 tablespoon of whipped cream in each plate.

POTATO SOUP

3 large potatoes
4 cups rich milk
1 tablespoon chopped onion
1 level tablespoon flour
2 tablespoons butter
1 saltspoon white pepper
1 teaspoon salt

Peel potatoes, boil until very soft, and put through ricer. Cook onion in milk until it is soft. Add salt, pepper, and the potatoes. Let boil and rub through a sieve. Stir in flour and butter rubbed well together.

Let boil again and serve very hot with 1 tablespoon of whipped cream in each plate.

LEEK SOUP

(from a cookbook of 1780—in original form)

"Cut a dozen of large, good leeks, about an inch in length, with some of the tender green, and throw them into water as they are cut. Put them in a pot with three choppins [3 quarts] of water. Cut a penny loaf the broad way, in thin slices, and pare off the crust. Brown eight ounces of butter, and brown the bread on both sides. Wash half a pound of prunes, put them among the soup, with a little pepper and salt. When the leeks are ready, and the soup reduced to about two quarts, put it into a dish, and serve it up. If you wish the soup richer, make a beef stock."

The author does!

SPLIT PEA AND ONION SOUP

(an old Scottish recipe)

1 cup split peas
6 large onions
6 small onions
4 small slices bread
2 quarts water
salt, pepper, and grated cheese

Soak split peas overnight, then boil in water until tender, and put through a purée sieve. Cut large onions in round slices and brown them on both sides in a little butter. Add them to the soup with the 6 small onions. Brown slices of bread (crusts removed) in butter. Season with salt and pepper.

Simmer until onions are cooked. Serve with grated cheese. Add hot stock if the soup is too thick.

ITALIAN RICE SOUP

This soup is especially delicate and nourishing for invalids and children. The proportions are for each person to be served.

2 level teaspoons rice
1 cup milk
1 piece tablet sugar
1 saltspoon salt
1 clove

Wash rice well, place in double boiler, and add other ingredients. Let cook slowly until rice is soft, stirring occasionally. Beat in a little whipped cream just before serving.

CREAM OF BARLEY

1 cup barley
1 minced onion
2 minced leeks
2 stalks celery
2 sprigs parsley
1 clove
1 bay leaf
3 quarts soup stock
1 saltspoon grated nutmeg
salt and pepper
½ lb. fresh veal
1 pint milk
2 egg yolks
½ pint cream

Cover barley with boiling water and let soak overnight. In the morning place in a soup kettle with all

of the seasoning and the soup stock. Mix well, cover the kettle, and let simmer for 2 hours. Grind the veal as finely as possible and add gradually to the soup. Add the milk and let boil slowly for 20 minutes. Dilute the egg yolks, well beaten, with ½ pint of cream, and add to soup, stirring continually for 5 minutes. Press through a sieve, and then heat again before serving.

This recipe will serve 12 persons. Half the quantity may be kept in the ice box and reheated, but not boiled.

CHESTNUT SOUP

4 cups white stock, chicken preferred
1 slice of onion
2 cups French chestnuts, boiled, blanched, and rubbed through sieve
¼ teaspoon salt
¼ cup chopped celery
2 cups scalded rich milk or cream
¼ cup flour
¼ teaspoon white pepper

Cook stock, chestnuts, onion, and celery 25 minutes; rub through sieve. Add milk and flour stirred smooth in a little stock. Season with salt and pepper, let boil 5 minutes, strain, and serve, topped with whipped cream.

MUSHROOM SOUP

½ lb. mushrooms
4 cups white stock, chicken preferred
¼ cup butter
1 slice onion
¼ cup flour

1 cup cream
2 tablespoons sauterne
½ teaspoon salt
¼ teaspoon pepper

Chop mushrooms, add to stock and onion, cook 20 minutes. Then rub through sieve. Reheat. Cook butter and flour together; add hot cream. Stir until smooth, add other mixture, salt and pepper. Add wine just before serving.

CARROT SOUP

2 cups carrots, coarsely grated
2 cups water
½ cup rice
2 cups milk
2 slices onion
1 sprig parsley
4 level tablespoons butter
2 level tablespoons flour
1½ teaspoons salt
dash of red pepper

Cook carrots until tender and rub through sieve. Boil the rice in the milk until soft, in a double boiler. Brown the onion lightly in butter, add flour and seasoning. Mix the carrots with the rice and milk, and pour slowly into the flour and butter. Boil for a few minutes, then strain. If soup seems too thick, it may be thinned with cream or milk.

SPRING POTPOURRI

(an old Virginia recipe)

2 large potatoes
1 turnip
1 carrot

½ onion
1 pint milk or thin cream
2 tablespoons butter
1 level dessertspoon flour
dash of pepper

Pare, wash, and slice the potatoes and other vegetables; fry the onion in 1 tablespoon of butter. Put all in a soup kettle and cook slowly in 1 quart of water. When vegetables are soft, rub through a sieve. Put 1 tablespoon of butter in a skillet; when it bubbles, stir in the flour. When smooth, add the scalded milk slowly, then the vegetable purée and seasoning. Let heat well, and serve very hot with croutons and sprinkle of minced parsley.

CLAM BISQUE

1 pint clams, measured after removing from shells
1 pint water
1 tablespoon butter
1 level dessertspoon flour
1 cup milk
1 cup whipped cream
white pepper and a little salt

Boil the juice of clams and water gently, skim and add salt, pepper, butter, and the flour (rubbed smooth in a little cold water). Add clams, chopped. Have the milk hot and add it after the clams have cooked about 5 minutes. Beat cup of whipped cream into the soup. Do not boil after adding the milk. If the soup is preferred without the chopped clams, they may be cooked with the juice and water; then strain and proceed as directed. There are excellent tinned minced clams on the market, prepared especially for soups.

CORN SOUP

1 pint raw green corn, cut from cob, or
1 tin of corn
1 quart rich milk or thin cream
1 tablespoon flour
2 tablespoons butter
1 slice onion
salt and white pepper

Score and scrape corn from cob. Cook in very little water for 20 minutes. If tinned corn is used, it should be crushed in a mortar, cooked, and rubbed through sieve. Let milk and onion simmer gently until onion is soft. Rub butter and flour together until smooth, then stir the hot milk into it slowly. Cook 8 minutes; take out the slice of onion, add the corn, and scald 2 minutes. Serve very hot with 1 tablespoon of whipped cream on each plate.

ICED CLARET SOUP

(*delicious for a summer luncheon*)

¼ cup sago
1 cup cold water
2½ cups boiling water
¼ teaspoon salt
3 inch piece of stick cinnamon
1 pint claret wine, Claro syrup, or grape de France

If the Claro syrup is used, no sugar is needed, and lemon juice should be added to taste. With the pure wine, add sugar to taste. Do not make the soup too sweet. Soak sago in cold water for 2 hours; drain; add to boiling water with salt and cinnamon; let boil actively 4 minutes. Then cook in double boiler until sago is clear; cool, and add wine or syrup. Serve very cold in bouillon cups.

OYSTER STEW

1 quart oysters
2 cups milk
2 cups cream
¼ cup butter
½ teaspoon salt
⅓ teaspoon pepper

Reserve all oyster liquor. Put oysters in colander and pour over them 1 cup of cold water. Heat liquor and strain through cheesecloth. Put butter in saucepan, add oysters, let cook an instant, add hot, strained liquor, and cook until oysters are plump and edges begin to curl; add salt and pepper, have milk and cream scalded, add to oysters, and let scald again. Serve at once. A dash of powdered clove is sometimes sprinkled in each plate.

A similar soup made from scallops instead of oysters is very delicate and delicious also.

CLAM BROTH BELLEVUE

Serve equal parts of clear, well seasoned chicken and clam broths in bouillon cups with 1 tablespoon of whipped cream in each cup.

CLAM BOUILLON COCKTAIL

Use 1 quart juice from fresh clams, boiled, strained, and cooled, or the bottled, prepared clam bouillon. Add juice of 1 lemon, 1 demi-tasse spoon each of salt and celery salt, 1 demi-tasse of tomato catsup, and 2 dashes of Tabasco sauce. Shake with ice in cocktail shaker and serve in cocktail glasses.

V

FISH

Fish is essentially a nitrogenous food. As to the relative nutritive value of meat and fish, the only considerable difference is in the proportion of water, fat, carbohydrate, and protein present.

The flesh of good fish is firm and hard and should rise at once when pressed with the finger. The eyes should be clear and full, the scales bright, the flesh free from any odor, the fins stiff. If the gills are pale red, the scales dry or easily loosened, or if a finger indentation in the flesh remains, the fish is unfit for cooking.

Tinned fish should never be allowed to remain in the tin, but should be turned out at once upon a dish.

NOTE: A roll of paper toweling should be hung in a convenient place in the kitchen. It may be used to drain croquettes, fish balls, etc., also to wipe out very greasy utensils with some dry cleansing powder before washing them.

GENERAL RULE

Recipes for boiling, baking, and frying fish may be found in any complete cookbook. Follow the general rule of having the oven or cooking utensil

and fat very hot when the fish is first put on, and then lowering the heat.

Broiled Fish

In broiling, brush fish lightly with butter or olive oil; put in oiled broiler, skin side to the heat. Turn after counting 10, repeat 4 times, then when fish is ¾ cooked, turn and finish on flesh side.

Fried Fish

Fry trout and other delicate fish in butter; stronger flavored fish in deep fat, salt pork, or drippings, or equal parts of butter and drippings. Filet of sole should be dredged lightly with flour before frying in butter.

Baked Fish

When baking fish, cover pan to a depth of 1 inch with a mixture in the proportion of 1 cup of boiling water, 1 dessertspoon of butter, and 1 saltspoon of salt.

Baste often and well, that the skin of the fish may not blister or burn. Cook about 40 minutes, then dredge with flour and let flour brown on; when browned, baste carefully and dredge again; repeat process 3 times.

Boiled Fish

In boiling allow about ¼ hour to each pound of fish. Put into hot salted water, let come rapidly to the boiling point, then lower heat and boil gently but uninterruptedly until cooked.

Appropriate Sauces for Fish

Hollandaise; tartare; Chippina; maître d'hôtel butter sauce; a rich white sauce with peeled and seeded white grapes, cut in half; sauce Marguery; and beurre noir are excellent with fish. Recipes for preparing these are to be found in the section on sauces. (Peeled grapes may be bought in cans.)

FINNAN HADDIE ON FRIED CORN MUSH

Flake finnan haddie and let it simmer (not boil) in a little cream or rich milk. Make a white sauce from

1 tablespoon butter
1 tablespoon flour
1 scant cup hot milk or cream
dash of paprika

When cooked, add finnan haddie, and serve on rounds or squares of fried mush.

FINNAN HADDIE BAKED

Cut off fins and tail, wash, and dry. Place in pan and half cover with milk. Bake in oven, basting often.

CREAMED FINNAN HADDIE
(with macaroni)

2 lbs. finnan haddie
1 cup uncooked macaroni
white sauce
cheese

Boil and drain macaroni. Pour boiling water over finnan haddie and let stand 15 or 20 minutes. Make

a white sauce from 4 tablespoons butter, 2 tablespoons flour, 2 cups rich milk or thin cream, ½ teaspoon salt, and ¼ teaspoon pepper. Drain fish; remove in flakes from skin and bone; arrange on shallow au gratin dish; surround with macaroni; pour white sauce over all. Sprinkle lightly with grated cheese and place in hot oven to brown top. The cheese may be omitted. Sprinkle with paprika for color.

SIMPLE ESCALLOPED FISH

(easy to prepare)

Boil 1 pound of any fresh white fish; let cool in water in which it is boiled. When cold, take out all bones and break fish up in rather small pieces, but do not mince it.

Prepare a rich white sauce seasoned with 1 teaspoon salt, ½ teaspoon paprika, and ¼ teaspoon mace. When cool, put alternate layers of sauce and fish in a well buttered baking dish or ramekins. Sprinkle buttered and seasoned bread crumbs over the top, and bake in oven until sauce begins to boil and top is browned.

FILET OF SOLE

(boiled)

Put filets in pan with just enough hot water to float, not drown, them—¾ to 1 inch deep is enough. Boil for 10 or 15 minutes. Lift with perforated pancake shovel and place on hot silver platter, or one made of Pyrex glass, ready to cover with any preferred sauce.

FRANCESCO'S FILET OF SOLE
(*Italian style*)

filet of sole
1 slice of onion
sprig of parsley
1 cup white wine or white grape juice, with squeeze of lemon
1 tablespoon butter
salt and pepper
boiled spinach
dash of cayenne
1 tablespoon grated cheese

Remove skin from the filets and boil gently for 10 minutes with the wine and seasonings; cover well. When fish is cooked, remove it and place in a dish on a layer of boiled spinach, which has been minced and tossed with butter and 1 tablespoon of grated onion. Make a rich white sauce; add to it ½ cup of juice of the fish, a dash of cayenne, and the grated cheese. Pour this over the fish, sprinkle lightly with grated cheese, and brown in the oven. This will be found to be very delicious.

Francesco was as interesting in appearance as his shining Italian kitchen with its gleaming copper pans. Tall and lean in his immaculate white apron and imposing cap, with flowing gray Dundreary whiskers tucked carefully under his collar, his *Ré Humberto* mustache well trained, he presented a magnificent figure to the eye in the domain over which he reigned.

ANNETTE'S SALMON LOAF
(*from tinned salmon*)

Remove skin and bones from 1 pint can of salmon; break with fork. Add

2 eggs, well beaten
1 cup white bread crumbs soaked in milk
1 tablespoon lemon juice
salt and pepper to taste

Pack fish in a covered mold well buttered (baking powder tins may be used) and boil or steam for 1 hour in covered kettle. Turn out and serve in whole form or cut in slices; serve with egg, shrimp, or any preferred sauce, or plain, with a salad.

NEW ENGLAND CODFISH BALLS

(for breakfast)

Wash and pare 1 quart of potatoes, measured after they are cut in pieces. (Old potatoes should be soaked in cold water over night.) Have ready 1 cup of shredded salt codfish, add to potatoes, and boil together until potatoes are soft, in just enough water to cover.

Drain and mash very fine; add 1 rounded tablespoon of butter; cool slightly; then beat whites of three eggs thoroughly into the mixture. Shape into balls, not flat cakes, *very lightly*, for pressing makes them heavy. Dip the mixture with a cooking spoon and shape top with hand, or use an ice cream scoop. Fry in hot, deep fat in a frying basket; drain on paper.

Serve catsup or chili sauce with codfish balls. Meeting Street spoon bread is delicious served with this breakfast, if one may be fairly certain of the breakfast hour, for this bread should be eaten soon after baking. Boston brown bread is, of course, the traditional bread.

PIONEER CREAMED CODFISH

The salt codfish boxed or in bulk is better than the shredded fish for this dish, if the cook does not object to the slight additional labor of shredding.

Wash enough fish to make 1 cup when shredded, then shred, and put in pan; cover with cold water and bring slowly to boiling point; let simmer 4 or 5 minutes, but do not boil. If the fish is very salt, turn off nearly but not quite all of the water; if fairly fresh, only ½. Stir 2 well rounded tablespoons of flour smoothly in water and add to 2 cups cream or very rich milk. Stir into codfish, let boil 5 minutes; add 1 tablespoon butter, bit by bit, and ¼ teaspoon pepper. Remove from fire and stir in, quickly, 1 egg. Serve with baked potatoes, or on toast with johnny-cake or corn meal muffins.

The author recalls a day in Venice *molti anni fa* when the man of the family revolted. No more oil or garlic or "da spaghett" for him! Codfish and cream and corn meal bread were what he craved, and what he would have or . . . !!! At the moment, the weak females of the family preferred Venice to Cape Cod. Somewhere they must catch that cod and put salt on its tail. Did they swim in the Adriatic? Quick! Ask the gondolier.

"*Merluzzo, signora? Sicuramente!*" The Adriatic cod proved to be a very small bird when compared with our own "Cape Cod turkey." A poor, dried little fish beaten in bags on the great round-topped stones of canals, where Desdemona's gondola may have been tied! Who knows? The cook was not quite equal to the Boston brown bread, but he knew *polenta* as his own brother. We had codfish and cream with fried mush, and we lingered in Venice that year.

There is an old New England dish that bids fair to become extinct—salt mackerel. It is a most appe-

tizing breakfast dish dear to the palate of New England.

SALT MACKEREL
(with drawn butter sauce)

If mackerel is very salt, freshen it overnight in cold water. If fairly fresh, let stand in cold water for an hour. Parboil (cover with fresh cold water and let come slowly to boiling point), drain, remove skin and bones. Flake and reheat in a rich drawn butter sauce made without salt. Heat serving platter, rice freshly boiled potatoes on it, pour over them the mackerel, garnish with parsley and lemon points and serve with a hot corn meal bread.

SMOKED ALASKA BLACK COD

This unusually delicious smoked fish may be procured in bulk at the leading grocers' during the winter months.

Heat in oven and garnish with lemon points. Serve with tomato bisque, creamed potatoes, and a salad with French dressing.

BOUILLABAISSE NO. 1

The curious cook may like to try the recipe as given by a chef of Marseilles—even though it be only in a spirit of willingness to "try anything once." This is the way he made it.

He first made a good fish stock by boiling the fish heads in 1 pint of water, with a bay leaf, sprig of thyme, and parsley. When reduced to about 2 cups, it was strained and let cool.

He then took 4 or 5 fairly thick slices of each fish, rubbed them first with salt and pepper, then with a mixture of 1 well minced clove of garlic, sprig of parsley, thyme, bay leaf, and ¼ teaspoon of allspice. When each slice was well coated with these herbs, he next put into a pan large enough to hold them all side by side, 5 tablespoons of olive oil and 1 small onion finely minced. When this was hot the fish was laid in, carefully covered, and cooked for 15 minutes, the slices turned carefully once. The fish was then lifted from the pan, placed on a large dish (the slices always separated, never lapped) to be kept warm over hot water while the following rite was observed:

One cup of tomato pulp was poured into the pan containing oil and onions, to boil for 15 minutes. As the sauce began to boil, he added ½ lemon thinly sliced, 1 tablespoon of sugar, and the strained fish stock, 2 teaspoons of salt, ¼ teaspoon of cayenne. The whole was stirred well and allowed to reduce ½. The slices of fish were again laid in orderly rows in the sauce. Meanwhile ½ teaspoon of saffron was minced, very fine, and some of the hot sauce poured over to dissolve it well. When the fish had boiled for 6 or 7 minutes the saffron was poured over it; it boiled; and quick! it was off the fire, to be served thus:

On a large dish were ranged slices of bread (crust removed) fried lightly in butter. Each slice of fish was laid gently upon its little toast bed, and the whole covered with the sauce.

On our way up from Egypt one winter we ate our first bouillabaisse in Marseilles. The recipe and its name were as difficult to trail to their lairs as to discover the origin of the Spanish prisoner letter.

As the legend runs, bouillabaisse was the result of an argument between two sailors in their fishing boat off Marseilles as to the best method of cooking perch and sturgeon together. In the ensuing contest one of the sailors failed miserably in his *plat;* the other evolved the bouillabaisse! Its praises have been sung by Thackeray in "The Ballad of Bouillabaisse," its flavor has tickled the palate of many an epicure.

"But," we said, "*why* is it called 'bouillabaisse'?" "*Mais, madame,*" with a shrug at once pitying and dramatic, "*quand ça commence à bouillir—baisse—n'est-ce pas? Voilà tout!*"

NO. 2

The following recipe is that of a cook of the New World. There are four sea foods instead of the required two of Marseilles, and it suggests a chowder with a Spanish tang rather than the original dish.

2 onions, sliced
1 carrot, sliced
2 tomatoes, peeled
3 allspice
2 slices of lemon
4 slices of orange
2 cloves
3 bay leaves
2 red peppers
sprig of parsley
1 clove of garlic
salt and pepper
4 lbs. fish
1 fresh boiled lobster
1 dozen clams
1 dozen oysters
5 tablespoons olive oil
1½ pints water
1 pint white wine or white grape juice

Heat the olive oil in fish pan, add onion, garlic, and carrot; let cook 5 minutes. Then add the spices tied in a cheesecloth bag, the tomatoes, red peppers, orange and lemon, parsley, salt and pepper: stir in 1½ pints (3 cups) hot water. When the sauce boils place over it the sliced fish (any large boned white or light fish), bones removed; let it boil gently for ½ hour. Before removing from fire take out the bag of herbs and the slices of fish, the latter to keep warm, over hot water. To the boiling sauce add the shell fish and let boil 5 minutes; add the wine, let heat again, and serve with slices of fish placed on bread, toasted and buttered, or fried lightly in butter, with sauce poured over the whole.

VI

MEATS

GENERAL DIRECTIONS

Meat should be removed from the paper in which it is wrapped, placed on a clean earthenware or granite dish, covered, and kept in a cold place.

The fibers of the meat contain nearly all the proteids, and intense heat hardens the albumen on the outside keeping the juices in. Therefore, in cooking for anything but soup (when the object is to extract the juices), the heat should be intense at first, then reduced to finish cooking.

Roast Meats

The time-tables in the front of the book are given as guides for those who have no oven thermometers or heat regulators on their ovens, which measure the heat accurately and insure a well cooked roast.

The oven thermometer should register around 500° F. for roasting in an uncovered pan, 600° F. for roasting in a covered one, *when the roast is put into the oven.* For a rare 6 pound roast, hold the temperature 550° F. for 20 minutes, then lower to 450° F. In a covered pan the heat should be 600° F. for 30 minutes, 450° F. for 1 hour. From 20 to 25 minutes per pound, and 15 minutes over, is a safe general

guide for beef and lamb; spring lamb, 15 minutes per pound; for veal and pork allow 35 minutes to the pound and the 15 minutes plus.

To Braise

Braising is one of the best ways of preparing meat. There are pans made expressly for the purpose, but any deep pan with cover will serve.

The meat to be cooked must always be browned in some kind of fat, the vegetables browned lightly in the same fat, then enough stock or water added to half cover the meat. The pan should then be covered and placed in the oven or on top of the range. The meat must cook slowly and thoroughly, and be basted frequently. If properly braised, meat will become tender and juicy, no matter how tough it is in the beginning. If, however, the cooking is hurried, the dish will be spoiled.

To Stew

The meats and vegetables for stews should also be browned in a little fat, and hot water added. As soon as the stew comes to the boiling point, skim it and let it simmer, *not* boil, the given time. The pieces of meat in a stew should come to the table whole, tender and juicy, and they will attain this condition only with slow cooking.

Casserole Cooking

The casserole is becoming more popular with the American housewife, and deservedly so—whether it is the large-sized casserole in which the dinner of

the entire family may be cooked and kept warm for the tardy ones without losing its savor, or the individual casserole that imparts a festive air to the most despised "left-over."

When you buy your casserole, soak it in *cold* water and bring it very gradually to the boiling point before using. It must not be taken hot from the oven and set in a wet sink. Never subject it to sudden change of temperature, nor too great heat in cooking.

Do not use an earthenware casserole after it has become so cracked and "crazed" that little brown lines appear. When this occurs, foods, especially fats, lodge therein and it becomes impossible to keep the dish clean.

No especial recipes are needed for casserole cooking as any food may be cooked *en casserole* in the oven, instead of being boiled, steamed, or baked. Use only a very small amount of water or stock in cooking any casserole dish, and be sure the liquid is well seasoned. If a meat or vegetable stock is not available, season the water as follows:

1 cup water or stock
1 teaspoon salt
½ teaspoon pepper
2 bay leaves
½ teaspoon mace, or a grating of lemon zest

Any flavor the recipe may require, or the palate suggest, may be used.

Double the *time* is required for casserole cooking than for other methods. The oven heat should be very little above the boiling point (212° F.). The liquid in the casserole should stew and simmer gently, *not boil.*

Whatever the meat for casserole cooking, it should be cut in pieces suitable for serving and browned in hot fat—any good sweet fat. When the meat is brown, place it in the casserole. Add any desired vegetables (small onions, potatoes, and other large vegetables cut in balls and glazed in hot fat with tiny dash of sugar), seasonings, and a good stock, cover and place in oven to cook, simmer, and stew; for it is the long slow process that gives the delicious flavor. If desired, the liquid may be thickened with flour stirred smooth in water or stock.

BEEF

ROAST BEEF

Wipe roast with damp cloth, dredge lightly with flour, and sprinkle with salt. Or sear the roast in a pan rubbed with suet. Many cooks think an unfloured roast has a better flavor. Never add water. If roast is very lean, cover it with a thin piece of suet. Place on rack, skin side down. Baste every 10 minutes with its own fat and juices. When meat is about half done, turn it, that the skin side may be uppermost for final browning.

Gravy

Remove some of the fat from the pan, leaving about 3 tablespoonfuls. Place pan on range and stir in 3 level tablespoons of flour. When smooth, add gradually 3 cups of boiling water; let boil 5 minutes, stirring constantly. Season with salt and pepper. If flour has not burned in the roasting pan, make gravy in that.

Yorkshire Pudding

2 cups milk
3 eggs
4 tablespoons flour
¼ teaspoon salt

Mix salt and flour, adding milk gradually to form a smooth paste, then add eggs beaten separately. Let stand for nearly 1 hour before using, beating every little while. Cover the bottom of a pan with some of the beef fat tried out from the roast or butter it thickly. Pour the mixture into pan so that pudding is ½ inch deep. Bake 20 minutes in a hot oven, basting after well risen with some of the liquid from the pan in which the meat is roasting. Cut in squares for serving. Bake if preferred in buttered and hissing hot iron gem pans.

SPICED BEEF

6 lbs. beef, upper round
3 onions, sliced
1 teaspoon cloves
2 tablespoons cinnamon
1 teaspoon allspice
3 tablespoons currants or seedless raisins
1 lemon sliced
1 teaspoon ginger

Make enough brine of equal parts of water and vinegar to cover meat. Boil spices in part of the brine first, then add the remainder with the other ingredients. Let meat stand in the brine for 3 days. Turn often. Boil as in directions for boiling meat. Serve with potato dumplings.

FILET MIGNON WITH FONDS D'ARTICHAUX

Broil the filets mignon, butter, and season with salt and pepper. Heat in acidulated water as many artichoke bottoms as there are filets to be served. Drain well, place on top of meat. Fill artichoke with French peas and pour a rich brown sauce over all. Serve with potato straws or cream potatoes au gratin.

FILET MIGNON WITH MUSHROOMS

Cover top of filets with fresh mushrooms cooked in butter and pour over them Italian sauce.

GARNISHES AND SAUCES FOR BROILED BEEFSTEAK

Garnish porterhouse or other broiled cuts with small balls of maître d'hôtel butter. Add a few sprinkles of minced chives to them sometimes. Béarnaise sauce is delicious also.

Serve creamed potatoes, plain or au gratin, escalloped tomatoes, string beans, or other green vegetables, excepting peas—they are of too delicate flavor to serve with beef, in the author's estimation.

FRENCH STEAK

Select a large porterhouse steak cut about 3 inches thick. Rub into it well, on both sides, the following mixture, well blended:

2 tablespoons dry mustard
3 tablespoons butter
1 tablespoon Worcestershire sauce
3 tablespoons olive oil
2 teaspoons paprika

Do not leave much fat on the steak as the oil and butter will make a rich gravy. Put steak on broiler

in pan under broiling flame. It must be basted and turned every 5 minutes, and will require about ¾ hour under the flame. After the steak is taken from broiler, rub in more mustard and a little butter, salt, and pepper. Taste drippings to see that it is well flavored before pouring over steak.

INEXPENSIVE CUTS AND HASHES

SWISS STEAK

Pound into both sides of a 3 pound round steak, with the *edge of a thick saucer*, 1 cup of flour, well seasoned with salt, black pepper, and paprika.

Sear brown on both sides in sweet fat, in a very hot skillet. Pour in enough hot water to half cover the steak. Cover skillet tightly and let simmer, not boil, for 1 hour. More water may be added if necessary. The rich sauce formed is very delicious. Serve with potatoes, boiled hominy or rice, and one green vegetable.

MEXICAN MEAT BALLS

(*"albondigas"—very good*)

Grind 2 pounds of the upper round of beef very fine with ¼ of a medium-sized onion.

Soak 2 slices of bread (crust removed) in water. Press out the water, mix bread and meat, then add 1 well beaten egg, salt and paprika to taste. Make balls the size of a large walnut, roll in flour, and fry brown in ½ butter and ½ lard or Crisco, or drippings. Add 1 cup of finely cut, fresh or tinned tomatoes and 1 tablespoon of tarragon vinegar. Cover and let cook for 10 minutes, then add 3 cups of hot

water or stock. Cover and simmer for 1 hour. Thicken gravy with more flour if too thin. Serve with rice or potatoes.

SWEDISH MEAT BALLS

Trim, wipe, and put through meat grinder 1¼ pounds of beef from the lower round, which should fill 2 cups. Add 1 cup stale but not dry bread crumbs, and 1 egg slightly beaten. Season with ⅔ teaspoon salt, ⅛ teaspoon pepper, and a few gratings of nutmeg. Make into balls about 1½ inches in diameter, cover, and let stand 1 hour. (Do not pack the balls too hard; form them lightly.)

Try out 3 slices of fat salt pork and brown meat balls in the pork fat. Cook 2 tablespoons butter with 2 slices of onion 3 minutes, stirring constantly. Add 2 tablespoons flour. Stir until well blended; then pour on gradually 1¾ cups stewed and strained tomatoes. Bring to boiling point and season with salt and pepper. Add meat balls to sauce, cover, and let simmer slowly for 1½ hours. Dumplings may be served with this dish.

CHILE CON CARNE

2 lbs. round steak
½ lb. kidney suet
1 lb. kidney beans soaked over night
1 clove of garlic
4 chili peppers (*chile pacillo*)
1 tablespoon camino seed
1 tablespoon salt
4 onions

Boil beef until partly cooked, but not tender. Re-

move from stock and cut in cubes, removing all the gristle.

Meanwhile boil the beans in the stock until tender; add the camino seed, onions ground fine, chili peppers, and garlic. When the beans are about half done, mash them partially, then add meat and cook until done.

Chile pacillo and camino seed may be bought where South American products are sold.

EAST INDIAN MEAT BALLS

1 lb. raw beef
2 stalks celery
1 small onion
1 tablespoon parsley
1 tablespoon curry powder
2 eggs
½ cup bread crumbs soaked in milk
salt and cayenne pepper
boiled rice
tomato sauce

Put the beef, celery, and onion through meat grinder, add parsley, curry powder, eggs (beaten), bread crumbs, and seasoning to taste. Make into balls and fry in deep hot fat. Serve with border of boiled rice and pour over all a highly seasoned tomato sauce.

MEAT AND CABBAGE
(*Swedish style*)

Remove crust from a slice of stale white or rye bread, soak in milk until soft, then mix with 1 pound of minced upper round of beef, 1 medium-sized

onion, 1 beaten egg, 1 teaspoon salt, ½ teaspoon black pepper, and ¼ teaspoon paprika.

Shape into balls. Do not pack the meat in shaping it. Separate some perfect leaves from a cabbage, boil for about 5 minutes or until partially tender, wrap a leaf about each meat ball and fasten securely with toothpicks. Pour the water left from cooking the cabbage leaves into a spider and place balls in it. Cover tightly and let steam until almost cooked, turning occasionally.

In about ½ hour the water should be gone. Uncover and let boil dry if it is not; then put 2 large spoons of butter in the pan and let the meat balls fry in it slowly until browned.

CORNED BEEF BOILED DINNER

Select a piece of rump weighing about 5 pounds that has been in pickle only about 3 days. Put meat in kettle, cover with water, and let boil briskly for 15 minutes; then let it *simmer* only for 4 hours, or until the beef is quite tender.

The last hour add a cabbage, cut in quarters (heart removed), turnips, onions, and potatoes. Save liquor and fat to use in making hash. Place beef on platter, arrange vegetables as a border, and garnish with parsley. Serve mustard and horse-radish sauce with a boiled dinner.

AMERICAN CORNED BEEF HASH

The tinned corn beef, freed from skin and gristle, makes a very good hash, but is not comparable to that made from home boiled beef, with the flavor of the vegetables cooked with it.

Take equal parts of corned beef and rather underdone boiled potatoes. Chop both, or put through a meat grinder, alternating beef and potato.

Heat an iron spider and melt in it 2 full tablespoons fat, ½ butter, ½ any good drippings. Sprinkle hash with paprika and dash of black pepper, and turn it into the spider. Dot with generous pieces of butter and pour over it ½ cup of hot water or stock. Cover closely and let cook very slowly from ½ to ¾ of an hour. When well heated, turn carefully with a spatula (hash stirred is hash spoiled), and let heat for a while longer. If a brown crust is desired, let cook, covered, over a hot fire for a few moments. Loosen from the bottom with spatula and turn out on platter.

Serve with tomato catsup, chili sauce, or pickled walnuts, or garnish with fried tomatoes.

When served as a home luncheon dish have fresh tomatoes, sprinkled with chives and French dressing, and johnnycake or Meeting Street spoon bread included in the menu. For a sweet, serve gingerbread with whipped maple cream.

CORNED BEEF HASH LOAF

1 lb. cold corned beef
2 large raw potatoes
1 head celery

Chop all finely and mix with ¾ cup of milk. Add 3 tablespoons of butter and season with sage, parsley, salt and pepper. Bake 1 hour in buttered baking dish. If loaf seems too dry add hot water or stock while baking.

LAMB HASH

The "left-over" from a roast of lamb makes a very good hash. Proceed as to proportions and method as with corned beef hash; when partly cooked, moisten with ½ cup of stock or rich milk or some of the gravy from the roast.

Serve tomatoes sicilienne, chutney, or any good sweet pickle with lamb hash.

HOMINY AND NUT LOAF

(*a meat substitute*)

Chop or grind

1 cup English walnut meats, or pine nuts
1 cup roasted peanuts

Mix them with

1 pint cold boiled hominy
½ cup bread crumbs
3 hard-boiled eggs, chopped
1 tablespoon grated onion
1 tablespoon chopped parsley
1 tablespoon melted butter
1 well beaten egg
1 cup milk
salt, pepper, and nutmeg to taste

Form into loaf and bake in buttered tin in hot oven for 30 minutes. Baste with butter and water. Serve with rich brown sauce. Garnish with slices of lemon and sprigs of parsley.

BEEF TONGUE JARDINIÉRE

Boil a fresh beef tongue 1 hour. Keep the liquid. Skin tongue and place it in a roaster on a layer of the

following vegetables: carrots, turnips, celery, potatoes (all cut in small cubes), peas, beans, button onions, and small round tomatoes. Keep them as separate as possible. Season lightly with salt and pepper.

Pour about the tongue some of the water in which it has been cooked. Cover and cook slowly in oven for 2 hours, if the tongue be large.

When well done, remove tongue from pan. Keep hot and well covered. Take vegetables out with skimmer and arrange in assorted heaps about the tongue. Thicken gravy in pan with browned flour. Pour some of the gravy over all, serving the remainder in a sauce boat.

TONGUE

1 beef tongue
1 tin of tomatoes
1 quart water
4 slices onion
sprig of parsley
sprig of thyme
salt and pepper
1 wineglass sherry flavoring
6 cloves

Boil a fresh tongue until tender, about 4 hours. Take out and remove skin. Brown the tongue by dredging flour over it and searing in butter. Cook the other ingredients together for ½ hour. Then add the tongue and cook 1 hour. Just before serving add the sherry.

BABBIE'S ROAST LAMB

Select a 4 to 6 pound leg of lamb. Pierce the meat with a skewer and insert small bits of garlic

(using not more than 1 clove to a 4 pound leg of lamb) with mint or rosemary leaves minced.

Make a thick paste of 3 tablespoons olive oil, 1 tablespoon vinegar or lemon juice, Worcestershire sauce, paprika, salt, pepper, and 2 teaspoons sugar. Stir well and add enough flour to thicken. Rub the meat thoroughly with this, then dredge on flour to entirely encrust it.

Put in a hot roasting pan in which some of the fat has been tried out, and place immediately in a very hot oven. Cook until a crust has hardened, then lower heat of oven. Baste in its own juice every few minutes.

LEG OF LAMB
(*pot roast*)

When "spring lamb" becomes mutton, this method of cooking is especially recommended.

Pull off the outer skin, called the "fell," from a leg of mutton, scrape the meat, and wipe with a damp cloth. Place in a kettle with 1 quart boiling water, 1 bay leaf, 3 whole cloves, and 6 peppercorns. Let boil briskly for 10 or 15 minutes, then lower heat, cover tightly, and let simmer for 1 hour.

Then add 1 teaspoon salt and 1 cup fresh peeled and quartered, or tinned tomatoes. Continue to simmer about 3 hours, uncover the last ½ hour, turning when well browned. If not browning well, add 2 tablespoons butter.

Remove meat and make a gravy by stirring 1 heaping tablespoon flour into the liquid remaining in the kettle. Strain and serve in sauce boat. Serve with this dish mashed white potatoes or sweet potatoes,

baked bananas or tomatoes sicilienne, and spinach or green peas.

German Spicing for Pot Roast

1 teaspoon nutmeg
1 teaspoon cinnamon
1 teaspoon cloves
1 large onion
1 clove of garlic
2 bay leaves
1 cup vinegar
1 cup brown sugar

Select a large pot roast and rub the spices into it on all sides. Slice the onion, and lay half of it and of the bay leaves and garlic in the bottom of a large bowl, put in the meat, and lay the rest of the seasoning on top of the meat.

Pour over this the vinegar with the sugar dissolved in it. Let the mixture stand for 24 hours, turning it several times during the day. Cook the meat like any pot roast, using the vinegar and seasoning in the water. When it is cooked there should be just enough liquor left for gravy. Serve with potato dumplings.

MINCED LAMB WITH CUCUMBERS

pieces of roast lamb
2 small onions, minced
1 tablespoon butter
mashed potatoes
salt and pepper
½ teaspoon mustard
1 teaspoon tomato catsup
¼ cup milk
2 or 3 cucumbers
bread crumbs

Put pieces of left-over lamb through a meat grinder; fry the onions in butter and add to meat; add about ⅓ as much mashed potatoes. Put in seasoning and milk, and bake in oven until brown on top. Peel cucumbers, cut in strips, and soak 15 minutes in salt and water. Drain, season with salt, pepper, and minced mint leaves. Dip in bread crumbs and fry in butter. Sprinkle with mint. Serve with the minced lamb.

A BENGAL CURRY

(*Lord Fisher pronounced this the best curry he had eaten outside of India*)

Mix together

2 tablespoons flour
1½ teaspoons salt
2 tablespoons curry powder
1 large or 2 small apples

Cut and trim 2 pounds of veal, lamb, or mutton steak into small squares or cutlets and dredge them thickly with the mixed powder. Slice 2 large onions and fry golden brown in ⅓ cup butter or drippings. Take out onion. Brown meat delicately on both sides in butter. Take out meat and fry apples slightly.

Put all in a stew pan with

1 minced clove of garlic
2½ tablespoons brown sugar
2 tablespoons seeded raisins
1 tablespoon Worcestershire sauce
1 lemon sliced
2 tablespoons fresh grated cocoanut (or tinned unsweetened)
⅓ cup of broken walnut meats

Add 2 cups hot water and remainder of curry powder mixture. Bring to boiling point, then cover and *simmer* gently until meat is tender. Thicken, if necessary, with flour stirred smooth in water. Let boil 2 minutes. Serve with boiled rice.

The following dishes should be passed with the curry. A bit of each is to be taken and mixed with the meat and rice. They are best served in one of the Chinese curry trays, fitted with 7 little dishes.

One dish chopped cold ham, 1 dish grated cocoanut, 1 dish fried onions, 1 dish mustard pickles, 1 dish Major Gray's chutney, 1 dish minced hard-boiled eggs, yolks and whites separate, and 1 dish Bombay duck.

If the last is not easily procured, a substitute may be made with a few sardines spread with anchovy paste and dried in a slow oven. This is taken in the fingers and crumbled on the rice.

VEAL AND WHAT TO SERVE WITH IT

Green corn, peas, string beans, tomatoes sicilienne, stuffed baked potatoes, sweet potatoes, rice, fried hominy, spinach, or beet greens are acceptable when veal is served as the *pièce de résistance.* Unless tomatoes are served as a vegetable on this menu, tomato bisque gives more piquancy than a clear soup or one of the more delicately flavored bisques; or, in hot weather, serve iced tomato bouillon or claret sago.

The flesh of new veal should be pink and firm, the bones hard. If it has a blue tinge and is flabby, it is unwholesome, having been killed too young.

Veal should be cooked slowly and until very well done.

SWEETBREADS

A sweetbread consists of 2 parts, the heart sweetbread and the throat sweetbread, connected by tubes and membranes. When sweetbread is found in market separated, avoid buying 2 of the throat sweetbreads, as the heart sweetbread is more desirable.

As sweetbreads spoil quickly, they should be cooked at once. Plunge into cold water and allow to stand for 1 hour. Then drain and cook in boiling water, to which has been added 3 tablespoons vinegar and 1 teaspoon salt. Cook slowly for 20 minutes. Drain and plunge again into cold water. Tie tightly in a piece of cheesecloth, wrung out in cold water, and put in the ice box until ready to use.

BAKED VEAL CHOPS OR CUTLETS

Trim and wipe as many chops as required, and sprinkle with salt and pepper. Place in a small dripping pan, crumble or grate coarsely over the cutlets stale but not dried bread, from which the crust has been cut.

Dot with generous pieces of butter, sprinkle with salt and dash of paprika. Then pour in carefully on the bottom of the pan 1 cup of hot white stock, or water.

Place in oven and let cook for 1 hour, cover well for the first 30 minutes, then uncover for the remaining time. When cooked, remove cutlets to the dish upon which they are to be served; add to the liquid left in the baking pan 1 tablespoon of sifted flour, 1 cup of hot thin cream or diluted evaporated milk, a dash of nutmeg, salt, and white pepper. Let boil, stir briskly, and pour around the cutlets.

FRANCESCO'S SCALLOPS OF VEAL

(*Italian style*)

Free from gristle and cut into portions 2 pounds of veal. Brown in 2 tablespoons butter. Then stir in 1 tablespoon flour and add

1 tablespoon tomato preserve
2 tablespoons vermuth
1 cup cider or white wine
1 small tin mushrooms, with liquor
½ teaspoon chopped parsley
½ clove garlic
salt and pepper to taste

Cook slowly until veal is tender. Serve with riced potatoes and green peas in artichoke bottoms or green corn.

ROLLED VEAL CUTLETS

(*delicious and very delicate*)

Slice veal cutlet ½ inch thick and pound it thinner, then cut into strips 3 inches wide. Sprinkle with salt, pepper, and nutmeg sifted together, finely minced celery, and mushrooms.

Roll in flour and wrap around with basting cotton to make the meat look as much like a croquette as possible. Sear prepared veal in a hot deep spider with 2 tablespoons melted butter; turn often until the entire surface is a delicate brown. Add 1 pint of hot rich milk, diluted evaporated milk, or thin cream; cover and simmer slowly for 1 hour, baste frequently, and add more hot cream if necessary. Remove the threads and serve in a dish with the cream gravy. Thicken gravy with flour, if not thick enough already.

If one does not wish to bother about rolling the meat into croquette shape, 2 slices of veal may be used. Brown delicately on both sides and put one on top of other with celery, mushrooms, and seasoning between and sprinkled over the top. Add cream or milk and proceed as above.

BABBIE'S HUNGARIAN PÖRKÖL

This dish is a meal in itself. Follow with a pineapple salad and black coffee.

2 lbs. lean veal
½ cup butter
4 large onions
1 clove garlic
1 can of tomatoes
1 heaping teaspoon salt
½ teaspoon black pepper
1 teaspoon paprika
1 teaspoon grated nutmeg
½ teaspoon mace
1 level tablespoon sugar
pinch of baking soda
½ pint sour cream
2 tablespoons flour

Melt the butter, add sliced onions and garlic; cook until soft but do not brown. Add the veal cut in 2 inch cubes and sear; add seasoning and tomatoes. Simmer until veal is tender.

About 15 minutes before serving add sour cream and thicken with 2 tablespoons flour, enough to make a rather thick gravy. Pour into a deep platter, around which has been made a border of rice cooked as follows:

Directions for Cooking the Rice

Wash and dry 1 cup of head rice. Put in a spider 2 large tablespoons of butter. Brown rice in this until it is a delicate golden brown. Turn into skillet and add enough boiling water to cover 1 inch above rice. Cover *tightly* and boil until rice is cooked. Do not stir.

Care must be taken that the rice does not scorch in the butter. Shake constantly as in popping corn.

CALVES' LIVER

(*recipe from a famous old French café of New Orleans*)

"Skin and remove large tubes and fiber from fresh calves' liver and cut into thick slices. Have enough hot lard in deep frying pan to *cover the liver.* Salt and pepper the slices of liver, place them in the lard, and simmer on a slow fire. When cooked drain off grease and serve on hot plate."

If desired, a brown sauce may be made from some of the fat—2 tablespoons of fat, 2 of flour, and 2 cups of water or stock. Season with salt and pepper.

Garnish with slices of crisp bacon and lemon points. Serve with potatoes O'Brien or hashed browned potatoes.

NEW ORLEANS DAUBE

4 lbs. veal rump
¼ lb. salt pork
4 onions, chopped
1 clove garlic
lard or drippings
salt, pepper, cayenne
4 crushed coriander seeds and herbs;
any good poultry seasoning to taste

Appropriate seasonings to use are minced sweet marjoram, sweet basil, parsley, thyme, celery leaves, bay leaf, and mace.

Cut the salt pork into thin strips. Roll them in the chopped onion, garlic, herbs, salt, and pepper. Make incisions in the veal rump and insert the spiced pork strips in these.

Rub the veal thoroughly with salt and pepper, then sear in hot fat (½ butter and ½ lard) turning until all sides are browned. Remove from pan and stir 1 tablespoon of flour into the fat remaining in pot. Rub smooth and add 1 chopped onion and 1 cup of chopped tomatoes. Put the meat back in pot and fill with hot water to cover ¾ of meat. Bring to boiling point and reduce heat at once, allowing it to simmer only. Cook 4 hours. This may be served hot or cold, when it will have formed a delicious jelly.

VEAL AND HAM EN CASSEROLE

¾ lbs. veal
3 tablespoons butter or fat
¼ lb. ham
6 small onions
1 cup tomatoes
1 cup stock
1 teaspoon salt
pepper to season
2 cups potatoes cut in balls or cubes
3 tablespoons flour
1 cup string beans, cooked
½ cup celery, minced

Cut the veal and ham in rather small pieces, and toss until browned slightly in 1 tablespoon of the butter or fat. Place in a casserole.

Brown the onions in remainder of butter and 2 tablespoons of sugar, add to the meat with the stock, seasoning, tomatoes, and celery. Cover and cook in oven 1 hour. Then add 2 cups of potatoes cut in balls or cubes and cook until potatoes are soft. Thicken the gravy with flour rubbed smooth in a little cold water. Add the string beans, cover, and simmer for 10 minutes longer.

If a green vegetable is desired, serve spinach with this dish—also corn bread.

VEAL LOAF NO. 1

Put through meat grinder

3 lbs. veal
¼ lb. salt pork
1 onion

Then mix with

1 tablespoon melted butter
1 cup bread crumbs
1 beaten egg
1 tablespoon poultry seasoning
½ tablespoon pepper
½ tablespoon salt
1 large cup stock
2 tablespoons lemon juice
grated zest of lemon

Mix thoroughly and shape into a loaflike form. Place in a buttered tin and bake in slow oven 1 hour, basting well with any good stock or melted butter and water.

If served hot, make a brown gravy from liquid remaining in pan after loaf is turned out, as follows:

Add flour to the liquid in the pan in the proportion of 1 tablespoon flour to 1 cup liquid; if not enough for sauce, add 1 tablespoon of butter; let thicken, then slowly add 1 cup of stock. Strain and pour over the loaf.

A stock may be made quickly by using a vegetable extract called "Savita" which is delicious in gravies and soups.

An obliging butcher will put your meat through his meat grinder for a consideration.

A. A.'S NO. 2

3 lbs. veal
¼ lb. bacon
1 onion
1 tablespoon bread crumbs
2 eggs
1 level teaspoon salt
½ teaspoon pepper
1 tablespoon poultry seasoning

Boil the veal to a jelly. Put through meat grinder with onion and bacon. Mix with beaten eggs and seasonings and pack in bar tin. Sprinkle bread crumbs over top and bake in moderate oven 1 hour. Serve hot or cold.

VEAL AND BEEF LOAF

1 lb. veal
½ lb. salt pork
1 lb. beef
1 cup stock
1 grated onion
salt and pepper
3 eggs

Put the meat through a meat grinder and mix thoroughly with the other ingredients; shape into a loaf-like form. Place in buttered bread tin and bake in slow oven 1 hour, basting well with any good stock or melted butter or water.

VEAL AND HAM LOAF IN TOMATO ASPIC

1 lb. ground veal
½ lb. ground smoked ham
1 cup bread crumbs
1 tablespoon grated onion
1 tablespoon minced parsley
½ teaspoon salt
¼ teaspoon pepper
grated rind of 1 lemon
5 tablespoons water

Mix ingredients thoroughly; shape into loaf; roll slightly in flour and place in buttered bread tin. Bake in hot oven (about 450°) for 10 minutes. Then lower heat and bake 35 minutes longer. Remove loaf from pan and chill. Cover with

Tomato Aspic

4 cups tomatoes
½ medium sized onion
¼ bay leaf
1 stalk celery
2 tablespoons tarragon vinegar
1 teaspoon salt
2 tablespoons sugar
2⅓ tablespoons gelatine
½ cup cold water
½ cup French peas
½ cup minced celery
¼ cup minced olives

Cook tomatoes with onion, bay leaf, celery, vinegar, and salt for 20 minutes. Strain and pour over gelatine which has been soaked in the cold water. Stir until dissolved. Add peas, olives, and celery. Pour over meat loaf and chill.

BROILED KIDNEYS

Soak and remove the skin from as many kidneys as required. Split them lengthwise from the round side; run a skewer through them, baste with sweet oil and broil over a clear fire (charcoal preferred). When done, salt, remove skewer, and place each kidney on a broiled mushroom. Fill cavity of kidney with freshly grated horse-radish and surround the whole with pepper sauce.

HAM AND PORK

HAM WITH JELLY AND TOMATO SAUCE

Cut freshly fried or cold sliced ham in pieces of right size for a portion, and simmer in a sauce made as follows:

¼ cup brown sugar
¼ cup red currant jelly
¼ cup tomato catsup or chili sauce

Mix thoroughly, put into saucepan and simmer, not boil, until ham is well heated.

HAM IN MILK

Parboil a slice of ham 2 or 3 inches thick and place in a roasting tin. Cover the entire top with ¾ inch thick paste of flour and water into which 2

tablespoons of brown sugar and 1 teaspoon of dry English mustard have been stirred. Fill pan with milk to edge of crust. Roast slowly until tender. There should remain about 1¼ cups of liquid in pan when finished. Add hot milk if necessary. Serve with liquid in pan as sauce.

Stuffed baked potatoes and escalloped tomatoes are acceptable served with this dish; also spinach, green peas, or any green vegetable of not too strong flavor.

BAKED HAM

Wash ham, cover with cold water, and bring slowly to boiling point. Drain, cover again with cold water, and simmer until tender. Let stand overnight in water in which it is cooked. In the morning take out, peel, and cover with a thick layer of brown sugar sifted with 1 teaspoon of dry English mustard. Stick cloves in fat. Put ham in roasting pan with very little water, baste frequently, and bake for at least 1 hour in moderate oven, until ham is well browned.

Select soft, mild-cured ham for this method of cooking.

BAKED HAM IN JACKET

If ham is hard, soak overnight in cold water; if soft and fresh, wash well. Wipe ham and trim off hard skin near the bone. Make a blanket of dough 1 inch thick, large enough to envelop the ham completely, as follows:

Mix with flour 4 tablespoons brown sugar, 2 level tablespoons dry mustard, and 1 teaspoon paprika. Add water enough to make dough. Mix and form in

sheet on molding board. Wrap ham in it securely, taking care to leave no opening. Bake in oven 10 minutes longer than the time given per pound in tables. When baked, break crust (this may require a hatchet!), and remove thick skin from ham. Sift over it a thick layer of sugar and 1 teaspoon dry mustard; stick whole cloves over top, 1 inch apart. Bake for 1 hour in slow oven.

ESCALLOPED HAM

4 cups cold minced ham
2 cups bread crumbs
8 hard-boiled eggs
1 teaspoon French mustard
1 teaspoon paprika
3 tablespoons melted butter
1 scant quart milk

Either fried or boiled ham may be used, but if remnants of cold boiled ham are used, they should first be fried lightly. Mix all dry ingredients and butter together; add milk; turn into buttered escallop dish; sprinkle the top lightly with buttered bread crumbs, and bake in a moderate oven for nearly 1 hour. This amount will serve 8 persons.

This dish, served with macedoine, plain beet, or other vegetable salad, makes a hearty luncheon. Pickled walnuts or other sour pickles should be served with it. Any "left-overs" in the way of vegetables may be used in an accompanying salad, first marinated, drained, and then mixed with mayonnaise, French, or boiled dressing.

HAM WITH SCALLOPED POTATOES

Rub a buttered baking dish with a clove of garlic.

Fill dish ¾ full of pared sliced raw potatoes, sprinkled generously with flour, season with pepper and salt, and pour in milk to cover. Place a slice of ham over the potatoes and bake in a moderate oven 45 minutes.

HAM VICKSBURG

1 slice of ham, ½ inch thick
2 tablespoons butter
2 tablespoons sugar

Melt butter and sugar in iron spider; fry ham for 20 minutes in the syrup, keeping spider covered; turn often.

BAKED APPLES STUFFED WITH SAUSAGE MEAT

Scoop out the centers of 6 good sized tart apples, leaving a thick shell, and be careful not to pierce the stem end in removing core. Cut all the pulp possible from the core, or sacrifice another apple to get the same quantity. Chop and mix with 1 cup of partly cooked sausage meat. Sprinkle apple centers with sugar and fill with mixture, heaping it well. Bake in medium hot oven until apples are tender. Serve with baked or creamed potatoes and corn bread.

FRIED SALT PORK
(country style)

Cut ½ or ¾ of a pound of fat salt pork into ½ inch cubes. Put into hot iron frying pan and cook until crisp and a medium brown. Take out and keep hot.

For sauce, strain 4 tablespoons of the fat and stir in 4 tablespoons flour until well blended; then add, slowly, 4 cups rich milk or diluted evaporated milk (use cream if you wish an epicurean dish). When smooth and brought to the boiling point, add ¼ teaspoon salt, dash of pepper, and 1 tablespoon butter, bit by bit. Turn into dish and cover with cooked pork.

In the country this is served with plain boiled or baked potatoes, and apple sauce or fried apples. Freshly boiled diced potatoes or small new potatoes may be served instead, covered with the sauce, and the fried pork arranged as a border. Serve with pickled walnuts, pickled onions, and johnnycake or other corn bread.

PORK TENDERLOIN

(*with sweet potatoes and apples*)

Cut the tenderloins lengthwise but do not quite separate them. Open and flatten them; spread them with a good highly seasoned poultry dressing and minced onion. Put them together, sandwich fashion, and fasten them securely with string. Rub with melted butter and dredge lightly with flour. Put in baking pan and surround with sweet potatoes, previously parboiled, peeled, and cut in half, and bright red apples cored and quartered but not peeled. Dot apples and potatoes thickly with butter and sprinkle with brown sugar and salt (¼ cup butter, 4 tablespoons sugar, and 1 teaspoon salt). Bake until the tenderloins are well done and the potatoes golden brown; then remove the string. Serve on hot platter, meat in center, the potatoes and apples alternating

as border. If desired, make gravy from liquid in pan.

MIXED GRILL

Take sausages in cases, kidneys (split), ham (cut very thin), lamb chops, tomatoes (cut in half), and mushrooms. Broil them all and season with butter, salt, and pepper.

SAUSAGE

(*your own make*)

2 lbs. shoulder of pork, freed from skin and gristle
1 tablespoon leaf sage
1 teaspoon freshly ground black pepper
2 level teaspoons salt

Put the meat, fat and lean, through the meat chopper. Crush the sage. Add salt and pepper. Mix well.

FOWL

Excellent recipes for cooking and stuffing poultry are to be found in complete cookbooks.

Turkeys

For roasting select a young hen turkey; the young gobbler is less economical as it is larger boned than a hen of the same age. The skin and flesh should be white, the breast broad and plump, and the neck short.

Ducks

Ducks should be plump but not over fattened. The lower part of the legs should be smooth and the web-

bing of the feet soft. The under bill should be soft enough to break easily.

Geese

A goose should be under a year old, and its age may be determined by the soft down on its legs. It should have the same condition of feet and bill as a duck.

Squabs

Squabs are best for table when about 4 weeks old.

DRESSING FOR AN EIGHT-POUND TURKEY
(*California*)

Slice and toast 1 small loaf of bread *slowly*, in oven or over fire, until delicate brown, then put through a meat grinder and mix with

1 cup butter, melted
2 tart apples, peeled, cored, and cut into ½ in. cubes
pepper and salt to taste
dash of grated onion, if desired
2 eggs, well beaten

Mix thoroughly. Oysters or French chestnuts, about 2 dozen, may be substituted for apples.

BERMUDA DRESSING
(*chicken or turkey*)

Grate enough bread crumbs, crust removed, to fill poultry. Add enough melted butter to make quite rich. Toss crumbs in it well. Add salt, dash of pepper, scant ½ cup sugar for medium-sized bird, and 2

level teaspoons dry thyme. (One small loaf of bread and ¾ cup of butter is enough for a good-sized roasting chicken.)

Serve cranberry sherbet with turkey.

DRESSING FOR TURKEY

(*Spanish style*)

1 cup oil, lard, or other fat
2 loaves stale bread
8 hard-boiled eggs
2 onions
1 cup seedless raisins
turkey giblets
1 cup olives
6 tomatoes
salt and pepper

Break bread in small pieces and soak in a little cold water. Chop the eggs, onions, tomatoes, giblets, and olives. Heat lard in a saucepan, add onion, and cook until soft, but not browned; then add tomatoes, bread (first pressing out the water), and other ingredients; cook for a few minutes. When cold, use as a stuffing for turkey.

STUFFING FOR GOOSE

A German stuffing for goose is made from potatoes, onions, and apples, all boiled and mashed together; season with sugar, salt, pepper, and ½ cup butter.

CHICKEN SHORTCAKE

(*for chicken left-overs*)

Make 2 thin layers of biscuit dough; spread one thickly with butter, put the other on it, and bake until

golden brown. Separate them and spread the lower one with left-over chicken, cut into small pieces, and warmed with chicken gravy or in a rich white sauce, seasoned with salt, white pepper, and mace. Put on the other layer of biscuit and serve very hot with generous allowance of gravy or sauce. Mushrooms may be added to the sauce if desired.

Unless there is chicken gravy or stock in the sauce, this dish is flat in flavor. A tin of condensed chicken broth added to the sauce will solve the problem.

CHICKEN PIE
(*Sicilian style*)

1 chicken
2 tablespoons oil or other fat
1 large onion
2 large tomatoes
a few olives, raisins, and almonds (shredded)
salt and pepper

For the paste, use

2 cups flour
¼ cup sugar
¼ cup butter
1 cup lard
1 egg
½ teaspoon salt
¼ cup sherry flavoring

Boil the chicken until tender, drain, and remove the bones. Put 2 tablespoons of fat in a frying pan, brown the onion, sliced very fine, then add the tomatoes, cut in small pieces. Add ¼ cup each of olives, raisins, and almonds (measured after shredding) and

cook for 10 minutes; add the chicken and seasoning, and cook 10 minutes longer.

Make a paste of the ingredients mentioned above; roll about 1/4 inch thick, line the bottom and sides of a baking pan with the paste, put in the mixture, and cover with paste. Bake about 40 minutes until paste is nicely browned.

In Bermuda one of the favorite Christmas dishes is the cassava pie, not unlike this dish. It is a deep-dish pie of chicken and fresh pork, well seasoned, over which is placed a thick, sweet crust made from grated cassava root. In Bermuda parlance, the "old-time folk" scraped and grated the cassava root themselves, washed it in innumerable waters, dried it, and made ready for the Christmas feast with the real Christmas spirit, laborious though the task might be. Cassava, a Haitian name, is a shrubby plant with fleshy root stalks yielding a nutritious starch. Tapioca is made from cassava. Sago is made from stems of East Indian palms.

BREAST OF CHICKEN

(*Virginia style*)

Remove 2 fairly large sized chicken breasts from the bone. Fry in hot butter until only slightly brown; add 2 slices Virginia ham, 10 small fresh mushrooms, 1 level teaspoon salt, 1/4 teaspoon each of white pepper and paprika, 1 1/2 cups sweet cream. Cover and let boil gently until the liquid is reduced 1/3 and the meat is tender. Serve with rice or sweet potatoes and green peas, or green corn cut from cob, cooked and seasoned with butter and salt.

For luncheon, spoon bread is also acceptable with this dish. Oyster or clam bouillon or claret sago is good for a first course, fruit salad as the last course, or a plain salad with individual strawberry

shortcakes for dessert. Either the soup or the cocktail may be omitted from the menu.

CHICKEN Á LA KING

breast of chicken
6 or 8 mushrooms
1 sweet green pepper
2 tablespoons butter
dash of paprika
1 pint cream
3 egg yolks
wineglass of sherry
salt and white pepper

Cut the breast of a cold boiled fowl in small pieces or cubes, removing all skin, fat, and gristle. Slice the mushrooms after they have been cleaned and peeled. Wash the green pepper, take out the seeds, and mince. Put 2 tablespoons of butter in a pan or chafing dish, add the mushrooms, and cook 5 minutes; then add the peppers and cook a few minutes more; put in the chicken, seasoning, and cream. When boiling, lift from hot fire and stir in rapidly the yolks of 3 eggs, well beaten, with 2 tablespoons of cream or evaporated milk. Do not allow the mixture to boil after putting in the eggs, but cook gently until the eggs thicken. Add wine and serve on toast, in ramekins or pastry shells. If the salted cooking sherry is used, salt dish sparingly when making.

CHICKEN

(*Sicilian recipe*)

Fry 1 small onion, chopped fine, in 1 large tablespoon of butter. Cut chicken in pieces, using the

breast, upper and lower joints, and wings. Sear in butter until nicely browned. Put in a deep saucepan with 1 pint of rich milk and a bunch of herbs (bay leaf, parsley, thyme, tarragon, sweet marjoram, and sweet basil) tied up in muslin; cover and let cook slowly on back of range; when tender, season well with salt and pepper, and thicken with 1½ tablespoons of flour, rubbed smooth in 2 tablespoons of butter; let it boil up once or twice to cook the flour.

If desired, 1 cup of tinned tomatoes, with juice, a few cooked peas, string beans, or corn may be used instead of milk; add more milk or water if there is danger of burning, but cook with just enough liquid to make the sauce.

CHICKEN GUMBO CREOLE

(*a New Orleans recipe*)

3 tablespoons butter or lard
1 large onion
1 lb. veal
1 small chicken
1 cup shrimps
1 cup oysters
1 cup crab meat
12 large okras
slice of ham or bacon
sprig of parsley
1 sweet red pepper
1 teaspoon salt
1 clove
1 quart can tomatoes
1 bay leaf
1 clove of garlic
a little thyme

Have the fat very hot; cut the ham, veal, chicken, and onion in pieces, and fry lightly in the hot fat.

Add 2 tablespoons of flour, stir in well; then add the other ingredients reserving the crab meat, shrimps, and oysters to add ½ hour before serving. Pour over this the tomatoes, and let simmer ½ hour. Add boiling water and cook until okra is stringy, about 2 hours. Serve on a large, deep platter with a border of rice.

CHICKEN CHOW MEIN

(*delicious*)

½ lb. noodles
1 quart peanut oil
1 tablespoon salt
4 oz. salt pork, chopped fine
2 lbs. chicken, chopped
1 stalk celery, minced
1 onion
½ lb. fresh mushrooms
½ lb. cooked breast of chicken
yolks of 2 hard-boiled eggs
2 tablespoons soyu sauce
butter

Toss the noodles in boiling hot peanut oil and fry until crisp. Skim them out and let drain on paper. Place pork in kettle, add onion, chopped chicken, salt, and soyu sauce. Cook until chicken is tender. Sauté mushrooms in butter. Add the celery. Let all cook together 5 minutes. Place noodles on hot platter. Add chopped meat, vegetables, and gravy. Garnish top with thin slices of breast of chicken cut in strips, and crumbled egg yolks. Serve hot. Precede by a soup or clam cocktail and follow by a salad or sweet, or both, and coffee.

CHICKEN AND HAM NETHERLANDS

(for two portions)

7 slices of white meat of cooked chicken, cut in uniform size
3 slices of boiled ham, cut in same size
½ small Bermuda onion, finely minced
¼ cup butter
½ cup sliced mushrooms
1 teaspoon paprika
1 teaspoon salt
¼ teaspoon grated nutmeg

Cook the minced onion in the butter for 5 minutes, stirring constantly, as it must not brown. Add the sliced mushrooms and seasonings and let simmer for 15 minutes. Then turn mixture into an oblong Pyrex or earthenware platter and arrange chicken and ham on the top; add enough hot cream to cover meat; let simmer in oven for 10 minutes; then sprinkle with Parmesan cheese; let remain in oven until top is brown. Serve sweet potatoes and French peas with this dish.

CHICKEN SOUFFLÉ

1 tablespoon butter
1 tablespoon flour
1 tablespoon minced onion
1 tablespoon minced parsley
1 cup milk or cream
1 cup minced chicken (put twice through food chopper)
3 eggs
½ teaspoon salt
dash of paprika

Make a white sauce of milk, flour, and butter. Remove from fire and add beaten yolks of eggs and the

chicken. Return to fire and cook a few seconds, but do not boil. Let cool. Twenty minutes before serving, add stiffly beaten whites of eggs to mixture and beat together. Put in a well buttered dish and bake in a moderate oven about 20 minutes. Test with a straw in center. If only slightly moist, it is cooked. This may also be made with minced ham or veal.

CHICKEN SUPRÊME

breast of boiled chicken
1 tin of mushrooms or
½ lb. fresh mushrooms
suprême sauce
wineglass of sherry flavoring

Cut chicken breast in small pieces; heat mushrooms, if tinned; if fresh, peel, trim, and cook in butter, but do not brown. Make suprême sauce and add all ingredients prepared as above; let it simmer gently, *not boil.* Just before serving, stir in wineglass of sherry flavoring and let it heat for 2 minutes.

This is a delicate and appetizing dish for a late supper. To make a less expensive dish, use equal parts of celery and chicken. Boil the celery in salted water, cut in pieces, drain well, and mix with the chicken.

NEW ORLEANS JAMBALYA

1 chicken
1 onion
lemon
1 cup rice
butter
lard
½ teaspoon salt
¼ teaspoon pepper

Fry 1 minced onion in butter, then add 2 tablespoons of lard, salt, and pepper, and fry in it a chicken cut in pieces suitable for portions.

Into actively boiling water sift 1 cup of rice, slowly, that the water may not fall below the boiling point; cover, and boil until rice is cooked. Turn into a colander and rinse well with cold water in which is 1 tablespoon of lemon juice. Put colander in oven, toss rice with a fork until dry. Stir into chicken; add more butter, if chicken is too dry; cover; and let cook slowly until rice is well flavored. Strips of parboiled red and green pepper may be added to the jambalya a few moments before serving.

VII

VEGETABLES

PREPARATION OF VEGETABLES

Vegetables should be washed in cold water and cooked in boiling water, and salt should be added to the water when vegetables are partly cooked. Do not drown your vegetables. Use as little water as possible in cooking string beans, peas, young spinach, or other green vegetables. A half cup of water is enough for 4 quarts of spinach, when young; enough water to half cover when older. Broccoli should be covered with water.

Time for cooking the same vegetable varies according to freshness and age; hence time-tables for cooking serve only as guides.

Preparation of Tinned Vegetables

In using tinned goods, empty contents from tin as soon as possible after opening, lest the acid therein act on the tin to produce poisonous compounds. Let stand for a while that the vegetables may become re-oxygenated.

Asparagus should be turned into a strainer, drained, and cold water poured over it. In using dried vegetables, soak in cold water several hours before cooking.

POTATOES

The edible portion of a potato has the following composition:

Water	78.3	per cent
Protein	2.2	per cent
Fat	.1	per cent
Carbohydrates..	18.4	per cent
Ash	1.0	per cent

Potatoes give needed bulk to food rather than nutriment, and, lacking in protein, should be used in combination with meat, fish, or eggs. New potatoes may be compared to unripe fruit, the starch grains not having reached maturity.

BOILED POTATOES

Potatoes should be dropped into actively boiling water, salted when partly cooked, and boiled from 20 to 25 minutes.

BAKED POTATOES

Select smooth, medium-sized potatoes. Bake in *hot* oven—that is, very hot when potatoes are put in—for about 40 minutes. Potatoes are much better boiled than baked in *slow* oven. Properly baked potatoes are supposed to be more easily digested than potatoes cooked in any other way, as some of the starch is changed to dextrin by the intense heat.

MASHED POTATOES

Boil as many potatoes as required, according to directions for boiling potatoes. Drain off water.

Mash or put through ricer; add enough rich milk or thin cream to make them moist but not wet (about ½ cup for 5 large potatoes), 1 teaspoon salt, a dash of white pepper, and 1 tablespoon butter. *Beat well* over a low fire until white and creamy. Keep hot and beat again just before serving. Chives minced and beaten into mashed potatoes are appetizing when served with roast beef or steak.

HASHED-IN-CREAM POTATOES

The following recipe was worth the five dollar tip which secured it, by letter, from the chef of a famous New York hotel. The spelling is his, not the author's.

DEAR MADAME,

Take fresh boiled patatoes, let 'em cool off. Chop 'em fine, boil Enought sweet cream and add the patatoes. Cook slow for ten minutes. Stir accationaly. Season with salt and pepper.

Yours truly,

CHEF

"Enought" sweet cream was interpreted as enough nearly but not quite to cover potatoes.

CREAM POTATOES

These may be prepared in two ways:

First, by making a rich white sauce, well seasoned, and heating the freshly boiled potatoes in it. Use the white sauce which is described in the section on sauces.

The second method is to heat, in a double boiler, 1 pint of cream to boiling point, then add 3 cups of slightly underdone hashed boiled potatoes. Season

with salt and pepper and a dash of mace, and let cook slowly until potatoes are quite done and cream is nearly absorbed. The double boiler may be rubbed with garlic before the cream is heated in it, in which case omit the mace.

STUFFED BAKED POTATOES

Wash potatoes, brush well with vegetable brush, and bake in a quick oven for ¾ hour. Cut off a piece of each top lengthwise, and scoop out all the soft parts of the potato. Put skins where they will keep hot. Put potatoes through ricer, add butter and a little heavy cream. Season with salt and pepper. Beat well; refill the potato shells; sprinkle the top with finely minced chives or parsley. *Do not pack stuffed potatoes; pile in lightly;* brush with melted butter; brown in oven.

FRIED POTATOES
(*country style*)

Peel, wash, and slice raw potatoes very thin; dry on a cloth. Put a generous ½ cup of butter (or ½ butter and ½ drippings) into an iron spider; season with salt and pepper; when hot, turn in potatoes, tossing well in fat at first. Cover and let cook *slowly* on back of range; turn occasionally, lifting potatoes carefully from the bottom with a spatula. When nearly done, uncover and let cook over a slow fire until browned on bottom; loosen from bottom and sides with spatula. Turn out on dish or platter, brown side uppermost. Sprinkle with minced parsley and serve with steak or chops.

POTATOES AU GRATIN

Place in well buttered baking dish alternate layers of diced boiled potatoes and rich white sauce, well seasoned with salt. When dish is filled, sprinkle with freshly grated bread (tossed in a little melted butter) with a light grating of cheese over the top. Bake in a hot oven.

POTATOES O'BRIEN

Mince a medium-sized onion and fry in 4 tablespoons butter or drippings. Add 7 or 8 boiled potatoes chopped fine, ½ of a red pepper, ½ of a green pepper, cut in small pieces, ½ cup cooked carrots, diced, or very tiny whole carrots, and 2 tablespoons milk. Salt to taste. Mix well and turn once or twice until well heated. Let potatoes brown over moderate heat, then roll as you would an omelette, and turn on heated dish. Circle and top with small fried or baked sausages. Sprinkle with minced parsley.

ITALIAN POTATOES SAVOURY

Wash, peel, and boil about 2 pounds of potatoes; pass them through a sieve or fine ricer. Sift 1 cup flour into a dish; add potatoes and mix with 2 tablespoons butter, 2 tablespoons grated cheese, salt, and paprika. Shape lightly into balls and lay on a sieve to dry. Have ready some salted, actively boiling water; drop the potato shapes into it, a few at a time, and boil for 15 minutes. When cooked, drain, place in baking dish, dot with butter, sprinkle with grated cheese, and top with a light sprinkle of bread crumbs mixed with melted butter. Bake in oven 10 minutes and serve.

POTATOES BRABRANTE

Prepare small potatoes as for boiling; parboil them for 10 minutes. Drain them, place in buttered baking dish, and bake until they are fully cooked. Baste 3 times with melted butter in which there is salt and pepper. Sprinkle with minced parsley or chives, or both.

POTATO DUMPLINGS

6 medium-sized potatoes
½ cup flour
2 eggs
1¾ teaspoons salt
½ cup butter or other fat
1 teaspoon sugar
⅛ teaspoon grated nutmeg
⅛ teaspoon cinnamon

Boil potatoes and put through fine ricer. When cold, add eggs, flour, salt, and seasonings. Mix and knead until smooth. Form into balls about the size of a golf ball. Drop into boiling salted water (1 teaspoon salt to 1 quart water) and let simmer 20 minutes. Drain, pour over them browned butter, and sprinkle with delicately browned buttered bread crumbs. Serve with spiced beef or beef à la mode.

SWEET POTATOES

Sweet potatoes, although analogous to white potatoes, are fleshy roots of a plant (*Convolvulus*) belonging to a different family and containing a much larger percentage of sugar.

PEAR SWEET POTATOES

Parboil long shapely sweet potatoes; peel, cut in

half crosswise, and with paring knife trim to pear shape. Make rich syrup of brown sugar, butter, and 1 saltspoon of salt. When melted, put potatoes in 1 layer in shallow au gratin plate and grate rind of 1 lemon over them. Bake ½ hour in slow oven, basting often. Serve arranged on silver platter with leaves and stems cut from angelica inserted in small end; or use any leaf and stem resembling pear leaves. One cook used honeysuckle, flowers as well as the 2 leaves and stem, and placed a garland of honeysuckle around the platter. Since the latter arrangement is not edible, many prefer the angelica leaves with a bit of shaped candied orange for the flower.

SWEET POTATOES AND APPLES

Boil sweet potatoes in their skins, peel, and slice in fairly thick slices. Pare, core, and slice an equal quantity of cooking apples.

Butter a deep casserole or au gratin dish and put in it alternate layers of potato and apple, sprinkling each layer with sugar and very little salt, and dot thickly with butter. Cover dish and place in moderate oven for about 10 minutes, then remove cover and bake slowly until apples are cooked.

Serve with ham Vicksburg and spoon or other corn bread.

SWEET POTATOES WITH MARSHMALLOWS

Boil 5 sweet potatoes until well cooked; peel, mash, and beat until creamy with

2 tablespoons butter
1 teaspoon salt
1 egg
½ glass sherry

If the salted kitchen sherry is used, less salt is needed. Pile in buttered glass baking dish and bake in hot oven 20 minutes. Just before serving, cover top thickly with fresh marshmallows. Return to very hot oven to brown.

Broiled chicken and fried green tomatoes are delicious served with this dish. Cut tomatoes about 3/4 inch thick, dip in flour seasoned with salt and pepper, and fry in butter.

SPICED SWEET POTATOES

3 large sweet potatoes
1 cup nut meats, minced (walnuts, cashew or pine nuts)
1 teaspoon salt
1/8 teaspoon each nutmeg, allspice, and cinnamon
2 tablespoons butter

Boil potatoes in jackets, remove skins, mash or put through ricer. When smooth, add butter, nuts, and seasoning. Shape into balls lightly (do not pack), roll in flour, and fry in hot deep fat until brown. Serve with veal, chicken, or lamb.

SWEET POTATOES GLENCOVE

Boil 5 or 6 medium-sized sweet potatoes in their skins; when cooked, peel and cut lengthwise in slices 1/4 inch thick. Arrange in layers in well buttered baking dish, sprinkling every other layer with diced tinned pineapple. Allow 1 level teaspoon of salt and 1 tablespoon of butter as seasoning for each layer of potatoes. Make the last layer of potato.

Pour over 1 cup of pineapple juice. Sprinkle top with 1 tablespoon of sugar and dot with 1 tablespoon of butter. Bake, covered, in hot oven from ½ to ¾ of an hour, uncovering for the last quarter of the time. When cooked, cover top with marshmallows and return to oven to puff and brown delicately. Serve at once.

SWEET POTATOES FOR FOUR PERSONS

Peel and slice 3 large, raw sweet potatoes into a deep dish, well buttered; sprinkle with ½ cup brown sugar, mixed with 1 teaspoon allspice; add to it 1 rounded tablespoon butter and ½ teaspoon salt, stirred into 1 cup hot water. Bake in oven until potatoes are tender.

GLAZED SWEET POTATOES NO. 1

Wash and pare 6 medium-sized sweet potatoes. Boil 20 minutes in salted water. Drain and cut in half lengthwise. Make a syrup by boiling 4 minutes

½ cup brown sugar
½ teaspoon salt
2 tablespoons molasses
2 tablespoons butter
4 tablespoons water
2 tablespoons vinegar or lemon juice
dash of pepper

Dip potatoes in syrup and place in well buttered baking dish. Pour syrup over and bake until it is well absorbed. Baste frequently.

NO. 2

These are quickly made in a frying pan. Boil medium-sized sweet potatoes 20 minutes. Peel and slice. Put 4 tablespoons butter in a saucepan; season with salt, paprika, and a dash of black pepper. When butter bubbles, put potatoes in, turning them almost immediately. Then sprinkle thickly with brown sugar, being careful that the sugar is on the potatoes, and not at the bottom of the pan. Cover and let cook slowly; turn when brown.

POTATO AND NUT CROQUETTES

(*sweet and white potatoes*)

2 cups cooked and mashed sweet potatoes
½ cup fresh grated cocoanut, or tinned, unsweetened
1 cup hot mashed white potatoes
2 eggs
3 tablespoons ground blanched almonds
3 tablespoons minced parsley
salt and white pepper
paprika

Mix together the sweet potatoes and cocoanut; in another dish mix the white potatoes and almonds. Beat the yolks and whites of the eggs separately, and only slightly. Form the white potatoes into small balls, using the whites of the eggs to hold the mixture together. Dust lightly with white pepper. Roll the sweet potato mixture moistened with the egg yolks around the white balls, shaping (but not packing) them with the hands; dust with paprika and roll in the minced parsley. Fry in deep hot fat. Drain on paper and pile on a hot platter for serving.

BAKED BANANAS, AMERICAN STYLE

(*very delicious*)

Peel 1 dozen bananas and place whole and in 1 layer in buttered glass or enamel ware baking pan. Put into a bowl

3 tablespoons butter
7 tablespoons sugar
4 tablespoons lemon juice
½ teaspoon salt

Set bowl in pan of warm water and stir until butter is melted, then pour over the bananas. Bake 30 minutes, basting often with the liquid. Serve as an entrée or as a vegetable with lamb or chicken.

BAKED BANANAS, BELGIAN STYLE

Peel ripe bananas and place whole in a granite ware baking pan. Put into a bowl

3 tablespoons butter
7 tablespoons sugar
3 tablespoons lemon juice
1 tablespoon orange juice
½ glass sherry flavoring

Mix all together and let stand in a bowl of hot water until butter is melted; then pour the mixture over the bananas. Sprinkle lightly with sugar and the grated peel of 1 orange. Bake in a quick oven 30 minutes, basting frequently. Serve as an entrée, or with lamb or chicken.

PLAIN MACARONI OR SPAGHETTI

Wash as much macaroni or spaghetti as required. (About ½ a package is sufficient for 3 people.)

Place in a saucepan with ½ an onion with 1 clove stuck in it. Cover with boiling water. Let boil for 25 minutes, lifting occasionally from the bottom with a fork. When the spaghetti is soft and the water has nearly boiled away, drain, remove onion, and add 2 tablespoons cream and 1 tablespoon butter. Toss and let cook a few minutes longer. Then add 3 tablespoons grated cheese, toss lightly, and serve either plain or with tomato sauce. Pass a dish of grated cheese with this.

For those who prefer to have macaroni or spaghetti harder, and the ropes separate instead of soft, plunge it into boiling water, well salted; after boiling 25 minutes, turn it into a coarse strainer, pour cold water over it, drain thoroughly, and steam over hot water a few minutes to reheat. Return to saucepan, season, and prepare as above.

NEW ENGLAND BAKED BEANS

Wash and pick over 1 quart of dried white pea beans and soak, well covered with water, over night. In the morning, drain, cover with fresh water, and heat slowly, not boil. When the water is tepid, dissolve ½ teaspoon baking soda and stir it in well. When beans are tender, drain and rinse with hot water. Scald rind of ¾ pound of salt pork, scrape well, and score in 1 inch deep cuts every ½ inch. Cut a slice of the pork ¼ inch thick, place in bean pot with 1 medium-sized onion, peeled, cut in half.

Put beans in pot and bury pork in them, leaving rind exposed. Mix 3 tablespoons New Orleans molasses, 2 tablespoons sugar, 1 teaspoon salt, 2 teaspoons dry mustard and stir until smooth. Fill cup

containing mixture with boiling water, beat well, and pour over beans. Then add enough boiling water to cover beans, put in oven, and bake slowly 6 or 8 hours. Uncover the last hour, that pork may become brown and crisp. Add boiling water, if needed, a very little at a time.

FRIJOLE GUISADO
(Mexico)

1 pint red beans
1½ cloves of garlic
2 medium-sized onions, chopped
3 green peppers
2 teaspoons salt
½ teaspoon black pepper
1 tablespoon bacon fat

Wash and soak beans for several hours, then boil gently for 2 hours. Drain and rinse. Put fat in frying pan; add chopped onion, garlic, peppers, salt, and black pepper; let cook 5 minutes; then add to beans in pot with enough water to cover. Let boil slowly until thoroughly soft, but not mushy. Add hot water, if necessary, during the cooking.

BAKED RICE
(California)

1 cup boiled rice
½ cup chopped American cheese
½ cup chopped Spanish pimientos
1 tablespoon sugar
1 teaspoon salt
2 eggs
1 pint milk
1 teaspoon butter
paprika

Place rice in buttered baking dish; add cheese, pimientos, and seasoning. Beat eggs, add milk and butter, and pour over the rice. Sprinkle with bread crumbs and dot with butter. Bake in a moderate oven for 25 minutes.

RICE WITH CHEESE AND TOMATO SAUCE

Boil rice and season with salt and butter. Pack in buttered border mold; set in pan of hot water until ready to serve. Turn out on dish and fill center with tomato sauce. Serve with grated cheese. Rice, tossed in a skillet in melted butter until golden brown, then cooked in stock or water until soft, is especially good when served with tomato or Chippina sauce.

JAPANESE RICE

Wash rice, rubbing it vigorously between the hands until the water is clear, then cover with cold water 1½ inches above rice. Let stand 4 or 5 hours; when ready to cook add salt, stir, bring rapidly to the boiling point; then cover tightly and let cook very slowly for about 35 minutes. Do not uncover while cooking. Let steam over hot water until ready to serve.

ESCALLOPED TOMATOES

1 quart tin tomatoes, or same quantity of fresh ones
½ sweet green pepper minced
2 slices bread (crust removed), buttered and cut into dice
3 tablespoons minced onion
1 tablespoon butter

1½ tablespoons sugar
1 teaspoon salt
paprika and black pepper

Stew tomatoes until the juice is very much absorbed. Cook onion and pepper in the butter until partly soft, but not brown. Add to tomatoes with salt and pepper. Butter a baking dish; fill with alternate layers of bread and tomatoes. Sprinkle buttered grated bread crumbs over the top and bake 30 minutes.

STEWED TOMATOES

Stewed tomatoes are prepared in the same way as escalloped, except that the bread is grated, minced parsley added, and they are boiled instead of baked.

TOMATOES SICILIENNE

2 quart tins of tomatoes, or
2 quarts fresh ones, peeled and halved
3 tablespoons brown sugar
2 tablespoons butter
1 teaspoon salt
1 teaspoon paprika
1 slice onion, minced
1 piece stick cinnamon (broken) about 4 inches long
4 peppercorns
4 cloves
1 small bay leaf

Put all the ingredients together in skillet or deep iron spider; mix them, being careful not to break the tomatoes; let cook slowly over slow fire until *all* the liquid is absorbed. This will take from 2 to 3 hours. Do not stir as this breaks the tomatoes and

makes a mush-like dish, but lift from bottom from time to time to prevent burning.

The above quantity will make only enough to serve 2 or 3 persons; any that is left over may be used in an omelette, in scrambled eggs, or, thinned with stock, smoothed with a little flour, and strained, as a sauce for spaghetti. Serve with lamb, chicken, veal, or ham.

CURRIED TOMATOES

(*a delicious entrée*)

Cut in ¾ inch slices large, firm, and not too ripe tomatoes. Beat 2 eggs in a shallow plate, then add 2 tablespoons of water. Add to batter

3 tablespoons Bengal Club chutney
1 teaspoon curry powder
1 tablespoon flour
1 teaspoon salt
½ teaspoon paprika
1 teaspoon sugar
enough fine bread crumbs to dip tomatoes

Dip the tomatoes first in flour, then in the batter. then in bread crumbs. Fry in butter until cooked and browned on both sides. Place on rounds of bread toasted and buttered on both sides or fried in butter on one side. Place in a hot oven, let brown, and serve hot.

STUFFED TOMATOES

(*New Orleans style*)

Select 6 firm round tomatoes, cut a round piece from the top, and scoop out the inside. Remove seeds and chop the meat. Mince and fry an onion in

hot lard, butter, or butter substitute. When onions are almost cooked add the chopped tomato, and let cook until fairly dry. Then season with ½ cup of chopped ham, 1 teaspoon of minced parsley, salt and pepper to taste. To the mixture add 1 cup of soaked bread, mix well, and fill tomatoes. Sprinkle top with bread crumbs, dot with butter, and set on a round plate in hot oven for ½ hour. Serve hot.

STUFFED TOMATOES

6 fine, firm tomatoes
1 cup grated rye bread, free from crust and soaked in water
2 tablespoons butter
2 yolks of eggs
1 tablespoon chopped parsley
¼ tablespoon grated onion
salt and pepper to taste

Wash and dry tomatoes, cut off tops. Remove pulp with small spoon and rub through fine sieve. Put butter in pan, add bread crumbs, cook a few minutes, then add onion juice, sieved tomatoes, and the seasonings. Let cool. Stir in the yolks of eggs and fill the tomatoes with the mixture. Sprinkle tops with buttered bread crumbs and bake ½ hour in hot oven.

BAKED STUFFED TOMATOES

6 tomatoes
¾ cup freshly grated bread
½ cup minced mushrooms
2 tablespoons minced ham
1 teaspoon onion juice
1 teaspoon minced parsley
½ teaspoon pepper (black) or paprika
2 teaspoons butter

Select smooth, firm tomatoes; cut a slice from the stem end, remove pulp carefully, add to other ingredients, and fill tomato shells. Cover top with bread crumbs tossed in melted butter and bake in moderate oven for ½ hour or until tender, but not broken. They may be put in a pan and hot water poured in to depth of 1 inch.

SAVOURY FRIED TOMATOES

Chill large tomatoes, cut in thick slices, and rub well on both sides with a mixture made as follows:

3 teaspoons French mustard
2 teaspoons Worcestershire sauce
1½ teaspoons sugar
½ teaspoon salt
1 teaspoon onion juice
¼ teaspoon paprika

Blend well. Dip the prepared slices in corn meal and sauté on both sides to a rich brown in butter and bacon fat. Serve on rounds of buttered toast.

STUFFED PIMIENTOS

6 red pimientos (tinned)
1 cup fine corn
1 tablespoon butter
1 tablespoon sugar
½ teaspoon salt
2 eggs

Wash peppers in cold water and arrange in buttered ramekins. Beat eggs slightly, melt butter, and add with other ingredients to the corn, which should be thick and well drained. Fill the pimientos with

the mixture and bake in slow oven like custards, until firm. Serve on hot platter surrounded by the following sauce:

Sauce

½ cup carrots, boiled and mashed
2 tablespoons butter, substitute, or drippings
3 tablespoons flour
1 tablespoon minced parsley
1 tablespoon horse-radish
1 tablespoon minced onion (boiled)
½ cup white stock
½ cup cream

Melt fat, add flour and salt, stir until smooth, then add stock and cream. Bring to boiling point. Stir constantly, cook 5 minutes, and add other ingredients.

GREEN CORN ON THE COB

Strip outer husks from corn, leaving the inner layer closely wrapped around the ear. Remove the corn silk, and replace the layer of husk. The corn retains more of the juice and natural flavor if cooked in this way.

The water should be actively boiling when the corn is put in to cook; ½ tablespoon of vinegar and 1 tablespoon of sugar may be added. Boil about 20 minutes; when done, remove the layer of husk. Fold corn in napkin to keep it hot and serve at once.

This American method of cooking corn is arrived at in its perfection only by flying with the swiftness of Atalanta with the newly plucked corn to the pot of freshly boiling water.

One often wonders what Tennyson's husband and wife

were quarreling about "as through the land at eye" they "walked and plucked the ripened ears!" He says, "Oh! we fell out, my wife and I. . . . Oh! we fell out, I know not why . . . and kissed again with tears." The author harbors a mean suspicion that the falling out was about whether the corn should be cooked 12 or 20 minutes; whether the sugar began to change into starch at once or 5 minutes after plucking. It's good to know they made it up anyway.

GREEN CORN CUT FROM COB

12 ears of corn
1 green sweet pepper
salt
cream or butter

Score each row of kernels evenly down the center with a sharp knife. With the corn ear held firmly in the hand, *press* the pulp from the kernels with the back of a silver knife, being careful not to loosen the skin of the kernel, but getting out all the juice and pulp.

Wash, scald, and remove the seeds from a sweet green pepper. Mince it and mix with the prepared corn. Place in a double boiler and let cook for 30 minutes. When about half done, stir in 1 saltspoon of salt and 2 tablespoons of butter; or 1 tablespoon of butter and 1 tablespoon of heavy cream. The pepper may be omitted.

CORN OYSTERS

1 large cup corn (tinned or from the cob)
1 well beaten egg
½ tablespoon flour, smoothed into egg
1 tablespoon melted butter
1 teaspoon salt
dash of white pepper

Mix well. Drop by spoonfuls on hot, well buttered griddle, turning when a delicate brown.

CAULIFLOWER À LA CREOLE

Boil head, with young leaves attached, in salted water. Do not cover. When tender, drain and sauté, head down, in 1 tablespoon butter, 1 tablespoon oil, and dash of nutmeg. This may be served with a cheese, white, or hollandaise sauce.

LEMON CARROTS
(*Russian*)

Old carrots may be used for this dish and are really better than new ones. Pare, cut into dice, and simmer in salted water until tender, but not pulpy. Drain and return to the fire. For 1 pint of carrots add

1 teaspoon minced parsley
1 teaspoon sugar
½ teaspoon paprika
1 tablespoon butter
juice of half a lemon

Cook until carrots are hot, shaking the dish now and then so that each piece of the vegetable may be coated with the dressing.

CABBAGE

Wash and take off outer leaves if imperfect. Cut cabbage in quarters, then shred or chop rather fine. Do not use heart. Either boil or steam the cabbage until tender. If boiled, do not use too much water;

more may be added if required. When water is actively boiling, lower fire and let cabbage cook rather gently. Do not cook too long. When tender, pour off the water; add 1 tablespoon of butter, ½ cup of cream, salt, and a dash of white pepper.

CABBAGE OR CAULIFLOWER AU GRATIN

Put either cabbage or cauliflower, cooked and drained well, into a buttered baking dish with alternate layers of a rich, well seasoned white sauce, making last layer of the sauce. Sprinkle with slightly buttered bread crumbs and grating of cheese over top. Bake until sauce simmers and top is brown.

Mark Twain says, "After all, cauliflower is only cabbage with a college education."

RED CABBAGE DUTCH STYLE

Cut a small red cabbage into shreds and let stand in water 1 hour. Drain and place in kettle in which 1 tablespoon of butter has been melted. Add 1 tablespoon of vinegar, 1 tablespoon of sugar, a sprinkling of salt, pepper, and nutmeg. Cover closely. Simmer ½ hour. Serve on platter and surround with potato roses.

TURNIPS AND CARROTS

Pare enough young turnips to fill small border mold, cook in salted water until tender; drain, mash well, and season with butter, salt, and pepper, then mix with beaten whites of 3 eggs. Place in buttered border mold; set mold in pan of warm water, the water reaching just below top of mold; cover with

oiled paper, and poach in oven for 25 minutes. Cook young carrots, cut in strips, or left whole if very small, in salted water until tender; drain and mix with enough rich white sauce to fill center of the mold. Turn out turnips on platter, fill center with carrots, garnish with sprigs of parsley, and sprinkle a teaspoon of minced parsley over the top.

STUFFED CUCUMBERS

Choose as many green cucumbers of uniform size as required. Pare and parboil for 10 minutes, drain, and cut off the top lengthwise to serve as cover. Scoop out the center and stuff with filling made as follows:

Make enough béchamel or suprême sauce to bind together 1 cup of breast of chicken or sweetbread, minced and pounded in a mortar. Add beaten white of 1 egg. Then add 1 saltspoon each of mace, grated lemon peel, white pepper, and salt.

Stuff the cucumbers with this mixture, replace covers, and wrap with string to hold them securely. Place in a pan filled with hot water, reaching just *below* the cucumber covers. Bake in oven ½ hour. Serve with white wine sauce.

Botanists tell us that there is a little gall pocket at the stem end of cucumbers. If this is punctured the bitter liquid inside is spread by the blade of the knife. Always peel cucumbers from the *blossom* end.

BOILED CUCUMBERS

Peel 6 green cucumbers of medium size, remove seeds, and cut in strips lengthwise or in cubes. Cook in boiling salted water for 20 minutes; *drain well* and return to fire in a clean saucepan to heat quickly

with 1 large tablespoon of butter, 1 saltspoon of salt, 1 teaspoon of lemon or lime juice, and white pepper to taste. Serve in center of a plate of lamb chops, or as a border for beefsteak. Sprinkle with minced chives.

BEET TOPS OR SPINACH WITH CUCUMBERS

Cook beet tops or spinach in enough water almost to cover, if old; in 1 cup of water and their own juice, if young and tender. Drain, chop fine, season with butter, salt, and pepper. Pack in buttered oval or round border mold and place in a pan of hot water to keep warm. Peel and cut into cubes enough cucumbers to fill center of mold. Boil in salted water 20 minutes. Drain well, season with salt, pepper, and butter. Turn spinach out on platter; fill center with cucumbers and cover them with hollandaise sauce. Serve as entrée or vegetable.

MUSHROOMS AU BEURRE
(delicious!)

Cut the stems from fine fresh mushrooms. Clean and wipe them dry with flannel, and let dry between folded cloth. For every pint of mushrooms put 1½ tablespoons of fresh butter in a saucepan. Shake it over the fire until it just begins to brown, put in the mushrooms, and continue to shake the pan over a clear fire (that they may not stick or burn) for 3 or 4 minutes; then season with a tiny pinch of salt, cayenne, and mace. Stew them gently until they are perfectly tender, but not shriveled. Serve with their own juice, on toast.

MUSHROOMS

(for beefsteak or toast)

Prepare the mushrooms as directed in the recipe for mushrooms au beurre. Put 2 or 3 tablespoons of butter in the stewpan, season with paprika and mace, and simmer from 10 to 15 minutes. Toss or stir them gently from time to time. Then add 1 tablespoon of flour and shake until the flour is lightly browned; add 1 cup of hot beef gravy or stock. Let simmer for 2 or 3 minutes; add salt and a squeeze of lemon juice, and serve on toast or steak. If preferred, mushrooms may be cooked in butter, a brown sauce made, and mushrooms added.

MUSHROOMS PARISIAN STYLE

Wash, peel, and trim 12 mushrooms, and dry them quickly on a cloth; put 1 large cooking spoon of butter in a sauté pan over the fire; when hot, add 1 dessertspoon of finely chopped onion and 1 teaspoon of minced parsley. Stir a few moments, then put in the mushrooms (gill side up at first); allow them to fry on both sides until done; season with salt and pepper. Serve on pieces of toasted bread.

GREEN PEAS PARISIENNE

Place peas in a double boiler with 2 lettuce leaves, 2 or 3 of the pea pods, and a sprig of mint; let cook and when nearly done, remove lettuce, pods, and mint. Add 1 large spoonful of sweet butter, 1 saltspoon of salt, and a dash of white pepper, and let cook until peas are quite tender. This method of cooking usually requires 1 hour, but the time must be governed by the tenderness of the peas.

PEAS FRENCH STYLE

1 tablespoon butter
4 cups young green peas
1 sprig mint
2 slices of onion
1 teaspoon sugar
1 pinch of nutmeg
1 pinch of salt
1 pinch of white pepper

Melt the butter in a saucepan; add peas and seasoning; stir together; add mint and onion and cover all with lettuce leaves. Cover tightly with lid and let simmer over slow fire until peas are tender. Peas may be cooked in this way *en casserole* in oven.

TINNED FRENCH BEANS

After tinned French beans are heated and drained, the flavor may be improved by tossing in a saucepan with a piece of butter and the juice of ½ a lemon just before serving. *French beans, peas,* and *Brussels sprouts,* after cooking and draining, are also improved by tossing in a saucepan with 1 tablespoon of cream, a pinch of powdered sugar, and the juice of ½ a lemon.

PEAS AND TURNIPS

Boil in salted water as many young turnips of uniform size as required. If turnips are rather strong flavored, pour off water when it reaches boiling point and add fresh boiling water. Cut turnips in half and scoop out centers, or, if very small, leave whole and scoop out enough to make a cup for the peas. Drop a bit of butter in center.

Mix freshly boiled or tinned French peas with a few spoonfuls of *rich white sauce*, well seasoned, and fill the centers of the turnips. Top with sauce. This is a way to use "left-over" peas, and if care is taken in seasoning, the homely turnip is very acceptably served in this combination.

HUBBARD SQUASH

(*old-fashioned baked squash*)

Cut a squash in quarters and remove seeds; bake in a moderately hot oven until tender. Scrape from the rind into a saucepan, add a large lump of butter, salt, pepper, and 2 tablespoons of cream.

Mash until all the lumps are gone, then beat until light with a silver fork. Put in a deep vegetable dish, dot with butter, and keep very hot until ready to serve.

If care is taken in cutting squash in uniform sizes, the squash may be piled on shells in individual portions. The squash baked in the shell has a very delicious flavor.

EARLY SUMMER SQUASH

Wash well; scrape lightly; wipe dry. Cut in pieces, boil, and drain. Mash, and season with butter, salt, and pepper.

Fried

Wash, dry, and cut in slices. Fry in well seasoned butter until tender, turning carefully when nicely browned.

NEW ORLEANS STUFFED EGGPLANT
(à la Johnstone)

Cut off small end of eggplant. Scoop out center of entire shell and place shell in cold salted water. Put the center, scooped from eggplant, in boiling water with 1 teaspoon salt and boil for 20 minutes. Drain, mash, and mix with stale bread crumbs that have been slightly browned in the oven, and 2 tablespoons of butter; add 5 olives and 1 fairly small-sized onion, both finely minced, grated rind of 1 lemon, 1 teaspoon salt, 1 level saltspoon cayenne pepper. Add 1 egg and beat all thoroughly. Rinse and drain eggplant shell, stuff with mixture, place 2 thin slices of bacon crosswise on top, and bake in moderate oven for ½ hour. Serve with top of eggplant replaced.

ZUCCHINI
(a salad or vegetable course)

Zucchini are the little Italian squashes or gourds found at every Italian greengrocer's in season, and of very delicate delicious flavor. Scrape off only a little of the bright outer skin, as lightly as possible. Boil in salted water until tender; cool, quarter lengthwise, marinate, and chill. Drain and serve with French dressing. Sprinkle with minced chives. To serve as a vegetable, boil as directed. Cut in cubes, drain, toss in butter with salt and dash of pepper; or cut in half lengthwise, season with salt and pepper; dredge lightly with flour, fry in butter.

VIII

SAUCES

FOR FISH, MEATS, AND VEGETABLES

The maker of sauces should have the capacity for taking infinite pains, which is, we are told, genius! All sauces require strict attention in cooking; therefore have every ingredient measured and conveniently placed, the conditions of heat right, boiling water and cooking utensils ready. Then begin the blending of the sauce.

One of the best known and useful sauces—and the most abused—is the plain white sauce, too often, alas! more nearly brother than cousin to wall-paper paste.

WHITE SAUCE

1 rounded tablespoon butter
1 tablespoon flour
1 cup rich milk or thin cream
½ teaspoon salt
¼ teaspoon white pepper

Put into a saucepan 1 tablespoon of butter. When it bubbles, draw off the fire, and add 1 tablespoon of flour. Then cook, stirring constantly, but do not let it color. Add very slowly 1 cup of cream or rich hot milk. Stir until perfectly smooth and thickened. Season with salt and white pepper.

DRAWN BUTTER SAUCE

Use water instead of milk, and proceed as with white sauce.

CAPER SAUCE

Make a rich drawn butter or white sauce and add 4 tablespoons of capers and 1½ tablespoons of lemon juice.

MAÎTRE D'HÔTEL BUTTER

¼ cup butter
1 teaspoon salt
⅛ teaspoon pepper
½ tablespoon finely chopped parsley
¾ tablespoon lemon juice

Put butter in a bowl, and with a small wooden spoon work until creamy; add salt, pepper, and parsley, then lemon juice very slowly. Make into small balls with butter paddles and use as garnish for beefsteak, fish, filets mignon, etc.

VELOUTÉ SAUCE

(*from the chef in an old French hotel*)

Boil ¼ pound of salt pork in 1 pint of strong chicken or veal broth; add 1 carrot and 1 onion of medium size, ½ teaspoon salt, 1 teaspoon sugar, ½ teaspoon white pepper, sprig of parsley, sweet marjoram, thyme, or seeds of the last named. Boil until pork is cooked, then thicken with *roux* (1 tablespoon of butter and 1 of flour). Simmer gently, taking off fat and scum as it rises. Strain through hair sieve. This is a basic sauce.

To serve with sirloin steak, add to ½ pint velouté sauce the following ingredients: Boil 3 shallots in ¼ cup vinegar and 1 level tablespoon butter until reduced ¼. Add ¾ cup freshly grated horseradish, 1 cup white broth, and ½ pint (1 cup) velouté sauce. Boil to a purée and rub through a sieve. Heat and stir until it boils; then add 3 egg yolks beaten well with 1 cup cream, and stir in 1 tablespoon well chopped butter.

Sauces with Velouté Sauce as a Base

WHITE BORDELAISE SAUCE

(*for broiled salmon or other fish*)

Fry 1 tablespoon of chopped shallots in butter and add to ½ pint of velouté sauce with 1 glass white wine or substitute, 2 tablespoons lemon juice, and last, ½ tablespoon butter added bit by bit.

SOUBISE SAUCE NO. 1

1½ cups thinly sliced onions
1 cup velouté sauce
½ cup cream
½ teaspoon salt
¼ teaspoon pepper

Cover onions with boiling water and cook for 5 minutes, drain, cover again with boiling water, and cook until soft; drain, and rub through sieve. Add to heated cream and velouté sauce.

Serve with pork chops, mutton, or hard-boiled eggs. The eggs may be halved or placed whole on a shallow buttered au gratin dish, with the sauce poured over them, and put in hot oven or under broiling flame to brown slightly.

NO. 2

Peel and mince 1 pound of fine white onions. Throw them into boiling water and let them boil 5 minutes. Drain well. Then stew *very* gently in 2 tablespoons of butter until they are perfectly tender (about 30 minutes). Rub through a purée sieve. Add ½ teaspoon powdered sugar and stir into 1 cup of béchamel or velouté sauce. Serve with lamb or mutton cutlets.

ITALIAN SAUCE

Blend with 2 cups of velouté or espagnole sauce the following mixture:

2 glasses Chablis
2 tablespoons mushrooms and 1 leek, both finely minced
1 bunch of aromatic cooking herbs
5 peppercorns

Boil until reduced ½. Mix with the velouté or espagnole sauce and pass all through a sieve. Reheat and add juice of ½ lemon.

ESPAGNOLE SAUCE NO. 1

This is a rich brown sauce (plus) and may be used as a base for a variety of sauces. The cook should make a fairly large quantity if the ménage is a large one—and the family likes sauces!

Put into a saucepan 4 tablespoons of butter, 8 peppercorns, a bouquet of soup herbs (parsley, a sprig of thyme, sweet basil or marjoram, and a bay leaf), ½ pound of lean veal, a hock of ham, 2 onions, and 2 carrots, all cut in pieces.

Stir over a hot fire until delicately browned. Drain off butter and cover with ½ pint of sherry, some rich beef broth, and ¾ pint of tomato pulp. Boil gently for 1 hour. Then skim and strain.

Add 6 tablespoons of butter to that drained and strained from the meats and seasonings, heat, and mix well with the same amount of flour over hot fire until a light brown. Remove from fire and stir part of the strained broth in slowly. Place over fire again when sauce is smoothed, boil, and stir until all the broth is used. Then let simmer gently for 1 hour. If the sauce becomes too thick, thin it with beef broth. Press through a damp cloth and stir occasionally until cold.

NO. 2

Cook in ¼ cup of butter until well browned 2 tablespoons each of raw lean ham, celery, carrots, and ½ tablespoon each of chili pepper and onions all finely chopped. Add ½ cup of flour, stir well; then add slowly 1¼ cups of brown stock and ¾ cup thick strained tomato pulp. Cook for ½ hour, strain, and season with salt and pepper.

As Sauce for Filet Mignon

Add to 1 cup espagnole sauce ¼ cup tinned mushrooms drained, rinsed, and cut in slices (or fresh mushrooms sautéed in butter), and 2 tablespoons truffles minced.

SAUCE VIENNOISE

To 1½ cups of espagnole sauce add 2 tablespoons

of currant jelly, ¼ cup of red grape juice, and blend with mixture prepared as follows:

Fry 2 minced shallots for 15 minutes in 2 tablespoons of olive oil, with sprig of thyme, a bay leaf, 2 tomatoes (chopped), 2 minced chili peppers (freed from seeds), and 4 sliced mushrooms. Season to taste with salt and paprika, if more seasoning is required, and simmer until reduced nearly ½. Add 1 tablespoon of lemon juice and a grating or 2 of the zest. Serve with cutlets, chops, or venison.

SAUCE PIQUANTE

Heat in 1 cup of espagnole sauce

1 tablespoon vinegar
½ small shallot, minced
1 tablespoon capers
1 tablespoon chopped sour pickle
dash of cayenne

BREAD SAUCE

(*very delicious with turkey, partridge, or boiled fowl*)

½ cup solid butter
2 saltspoons salt
dash of white pepper
1 saltspoon powdered mace
1 cup hot cream
1 onion, boiled soft
1 heaping cup grated bread (not too stale, all crust removed)
1 cup boiling water

Beat butter to a cream; stir in salt and mace, and place in a double boiler; pour in boiling water and stir until smooth. Cut up the boiled onion very fine;

free the bread from crust, and grate; when the sauce boils, stir in the onion; then add the crumbs, a spoonful at a time; and last, the hot cream, until the sauce is thickened like a porridge, not like a pudding but so that it will pour from the ladle.

Bread sauce is another much abused sauce, too often a poultice-like mass instead of the creamy, delicate sauce it should be.

SUPRÊME SAUCE

Melt 1½ tablespoons of butter until it bubbles; draw off the fire; add 1½ tablespoons of flour; stir until smooth. Add slowly 1 pint of seasoned chicken stock, and 1 tablespoon of mushroom liquor; stir until it boils, then let simmer for 15 minutes. Skim, and add ¼ cup of cream, 1 teaspoon of lemon juice, a pinch of salt and of grated nutmeg; strain, and rub through sieve; return to clean stewpan, and add, a little at a time, 1 dessertspoon of butter.

BÉCHAMEL SAUCE

1 heaping tablespoon butter
1 tablespoon flour
1 pint rich milk or cream
½ small onion
10 white peppercorns
½ bay leaf
1 small carrot sliced
1 teaspoon lemon juice
pinch of salt
dash of grated nutmeg

Heat butter in small stewpan until it bubbles; add the flour, stirring well. Do not let it brown. Add

slowly the pint of hot liquid, the onion with a clove stuck in it, and the other seasonings. Stir until the boiling point is reached, then allow to simmer for 15 minutes; strain, and add butter the size of a walnut, bit by bit; then add the lemon juice.

SAUCE MARGUERY

This is a wonderful sauce when made by a *cordon bleu,* but the humble amateur may achieve a very delicious one even if the ultimate goal of sauce-making is not attained. When the sauce is for filet of sole Marguery, one small filet, or trimmings from all filets to be served, must be reserved for the fish essence. Cut fish in small pieces and put into a pan or kettle with 1 level dessertspoon each of chopped leeks, onion or chives, carrots, turnips (scant this measure), lettuce, romaine, parsley, and a leaf or two of celery. Add water enough to float the fish, cover, and let boil gently until reduced to a few spoonfuls. Stir occasionally that it may not burn. Strain and let cool.

Then proceed exactly as in making hollandaise, mixing in the following:

4 egg yolks
¾ cup butter
½ teaspoon salt
1 glass Bordeaux flavoring
3 spoons fish essence (see above)
few grains cayenne

Pour cold water over butter, rub with spoon to remove salt, drain water off, and divide butter into 3 parts. Put 1 piece into a bowl or saucepan with ⅓ of the wine flavoring, 1 spoon of fish essence, and

the egg yolks. Place saucepan in a larger one containing boiling water and stir constantly with a wire whisk. Add the second piece of butter, remainder of the wine, and 1 spoon of fish essence, and, as sauce thickens, add the third part of the butter and essence. Remove from fire, strain through a fine sieve, and add salt and cayenne. If left over fire a moment too long it will separate. The sauce must never boil.

Have the sole boiled as in directions for boiled sole and place on silver or Pyrex glass platter. Pour sauce liberally over all. Sprinkle with chopped parsley and place under broiling flame to simmer until top is golden brown.

BEURRE NOIR

Beurre noir is delicious as a sauce with fried fish. It is made by cooking 6 tablespoons of butter slowly in a frying pan to a dark color. The scum is then removed from the top and the clear part poured over the fish. Care must be taken that the butter may brown only, not burn. Add a dash of lemon juice.

CUCUMBER SAUCE

½ cup double cream
¼ teaspoon salt
1 fresh cucumber
3 tablespoons vinegar or lemon juice
few grains white pepper

Pare cucumber, grate, drain, and chill. Beat cream until solid; add salt and pepper and, gradually, vinegar or lemon juice. Fold in cucumber and serve with fish.

GREEN MOUSSELINE SAUCE

few sprigs of tarragon
yolks of 2 hard-boiled eggs
2 anchovy filets
2 tablespoons cooked spinach
1 tablespoon minced parsley
1 teaspoon prepared mustard
¼ cup heavy cream, whipped dry
¼ teaspoon onion juice
½ cup mayonnaise
½ cup white sauce

Infuse tarragon a few moments in boiling water and drain. Pound in mortar or chop with yolks and anchovies. Add spinach and whipped cream and rub the whole through a sieve. Add the white sauce, mayonnaise, and seasonings, and when cold serve with hot or cold fish.

TOMATO SAUCE

12 ripe tomatoes or
1 quart tin of tomatoes
1 onion
1 clove of garlic
1½ tablespoons butter
1½ tablespoons flour
2 tablespoons sugar
1 teaspoon salt
8 peppercorns
1 sprig of minced thyme
1 bay leaf
1 cup hot water

Add water to tomatoes, herbs, minced onion, garlic, salt, sugar, and pepper. Let boil gently for 25 minutes. Strain and rub through sieve.

Put butter in saucepan; when hot, add flour, stir

until smooth, and pour on, slowly, the strained tomato. Allow it to boil up once or twice, then stir in, bit by bit, 1 tablespoon butter.

SAUCE MORNAY

For crab flakes or other white fish, make a rich white sauce in the usual proportions of

1 tablespoon sweet butter
1 tablespoon flour
½ pint cream or evaporated milk

When sauce is prepared, place in hot oven until a thin brown crust forms on top. Remove this crust at once, and while the sauce is very hot, add alternately, little by little, 1½ tablespoons of grated Swiss, American, or Parmesan cheese and 1 tablespoon of sweet butter, beating steadily all the time.

When the sauce, butter, and cheese are well blended, season with salt and cayenne. Pour over flaked fish and let brown under broiling flame. Large flakes of crab meat are best, but flaked sole or even chicken halibut are not to be despised under this sauce.

HOLLANDAISE SAUCE

½ cup butter
1 tablespoon vinegar or lemon juice
yolks of 3 eggs
¼ teaspoon salt
dash of cayenne

Wash butter by beating it in cold water to remove salt, and divide into 3 parts. Put 1 part into a bowl or saucepan that is of right size to place in a larger

one of boiling water; add vinegar or lemon juice and egg yolks; stir vigorously with a wire whisk. When smooth add the second piece of butter and, as it thickens, the third piece. Remove from fire, and add salt and cayenne. If left over fire a moment too long it will separate.

Have every ingredient ready, measured, and at hand when making hollandaise or béarnaise sauces. The process, while simple, must be uninterrupted. The combining of ingredients is quickly accomplished, and is worth the few moments of concentration required for all sauces made with egg.

When making hollandaise, béarnaise, marguery, or any sauce requiring the yolks of eggs, include in the menu of the day a dessert requiring the whites—prune soufflé, for example, or a white cake in layers, or little fresh individual cakes to serve with ice cream.

SPANISH SAUCE

2 tablespoons chopped ham
2 tablespoons chopped celery
2 tablespoons chopped carrot
1½ tablespoons chopped onion
¼ cup butter
¼ cup flour
1⅓ cups brown stock
⅔ cup tomatoes, stewed and rubbed through sieve before measuring
1 teaspoon salt
½ teaspoon paprika
¼ teaspoon black pepper

Cook ham and chopped vegetables in butter until butter is well browned; add flour, stock, and toma-

toes. Cook 15 minutes, stirring well, then strain and season with salt and pepper.

FRENCH MELTED BUTTER

(*old recipe*)

"Serve with artichokes, spinach, etc. Pour a cup of boiling melted butter over the well beaten yolks of 3 eggs, stirring briskly. Hold it over the fire for an instant, but *do not let it boil*, or the eggs will curdle. Add a little lemon juice or vinegar and serve immediately."

BÉARNAISE SAUCE

2 tablespoons tarragon vinegar
2 tablespoons white wine vinegar
2 shallots, chopped fine, or
1 small onion
dash of pepper
pinch of salt
3 egg yolks
3 tablespoons butter

Let the shallots and seasoning simmer in the vinegar until boiled down to ½ the quantity. Strain and heat in a double boiler. Add yolks of eggs, well beaten, and when partly cooked, add the butter in small pieces, a little at a time. Remove from fire as soon as it thickens.

The sauce should be of the consistency of mayonnaise. A few chopped capers, gherkins, and olives make it a very good tartare sauce. A little tomato purée will make it a red mayonnaise to serve with fish.

POULETTE SAUCE

Melt 3 heaping tablespoons of butter; when it bubbles add 2 tablespoons of flour; blend well, but do not let brown. Then add, slowly, 1 pint of white broth, either chicken or veal, and cook for 5 minutes. Beat yolks of 3 eggs and dilute slightly with cold broth. Pour hot sauce over them slowly, beating all the time. Return to skillet, and add 1 tablespoon of butter, bit by bit, 1 tablespoon of minced parsley, and juice of ½ lemon. Keep sauce hot, but do not let it boil again.

BROWN SAUCE NO. 1

Cook 1 large slice of onion in 3 tablespoons of butter until browned. Remove onion and let butter brown well. Then add 2 tablespoons of flour, stir until well blended, and pour on gradually 2 cups of hot, strong brown stock. Stir and let boil for 2 minutes. Add 1 tablespoon of lemon juice, 1½ tablespoons of finely minced parsley, and ⅓ cup of small cubes of carrot, previously cooked in salted water, and well drained. Let boil 5 minutes longer. If brown stock is not at hand, make one of savita, which may be bought of your grocer and is delicious in flavor.

NO. 2

1 level tablespoon butter (or other fat)
1 level tablespoon flour
½ teaspoon salt
⅛ teaspoon pepper
1 cup hot water or stock

Brown the butter, add flour and brown that, then

add, slowly, hot liquid and seasoning. Let cook 5 minutes. Brown sauce is always much better if made with a well seasoned stock. A quick stock may be made by boiling diced vegetables—onions, carrots, turnips, potatoes, celery—and using water drained from them to dissolve beef cubes, or vegetable extracts. The vegetables may be used in a macedoine salad.

CHIPPOLATA SAUCE

Prepare equal quantities of carrots, turnips, chestnuts, and mushrooms, as many as are required to garnish the dish of poached eggs, or whatever is to be served with the Chippolata garnish.

Roast or boil, and blanch the chestnuts; boil all the vegetables separately in seasoned broth. (Beef or chicken bouillon cubes may be used.) When ready, drain them and put into a saucepan with enough Spanish sauce to cover, add a glass of sherry flavoring, and it is ready for use. The sauce is better if prepared the day before it is to be served. Reheat sauce with chestnuts and mushrooms, fresh or canned, and add to dish just before serving tiny sausages called Chippolata, baked or fried.

SHRIMP AND PINEAPPLE SAUCE

1 small tin of shrimps
3 slices of pineapple
1½ cups rich white sauce

Break shrimps into pieces, remove any bits of shell; chop and drain pineapple and add to sauce, with salt and pepper to taste. Serve with baked or boiled fish, or use to fill center of fish timbale in ring mold.

CHIPPINA SAUCE

½ cup olive oil
1 minced onion
1 clove garlic
1 quart tomatoes
½ cup mushrooms
½ cup celery, minced
1 cup cooked spinach, minced
2 tablespoons parsley, minced
2 tablespoons tarragon vinegar
small piece bay leaf
salt to taste
dash of paprika

Brown the onion and garlic in the olive oil. Heat and strain tomatoes and rub all the pulp through the sieve. Put all the ingredients into a double boiler, and cook until rather thick, stirring often. This sauce is excellent with fish, boiled rice, or macaroni. Serve with grated cheese.

FRESH MUSHROOMS

(to serve with filet of beef)

Peel mushrooms, trim ends of stems, but leave them on. Put them side by side, stems up, in a buttered baking pan (granite ware preferred) with salt, pepper, and a lump of butter in each. Cook in a very hot oven for 12 minutes. Garnish the filet with 2 rows of mushrooms and put the others around it. Pour the pan juice from mushrooms over the filet.

SAUCE FOR MEATS, GRILLED BONES, ETC.

½ saltspoon cayenne
1 saltspoon salt
1 dessertspoon fine sugar

Mix these thoroughly and add

1 tablespoon lemon juice
2 tablespoons Harvey's sauce
1 teaspoon mushroom catsup
3 tablespoons port wine or cider

Heat by placing dish in hot water. Serve with goose, duck, roast pork, grilled bones, or use to flavor the brown gravy of a hash or stew.

OLIVE SAUCE

12 stoned olives
1 cup brown stock
1 tablespoon butter
1 tablespoon flour
1 tablespoon chopped onion
1 tablespoon chopped carrot
1 clove
1 teaspoon salt
dash of pepper

Put the butter into a saucepan; when it bubbles, add the chopped onion and carrot and let them brown; then the flour and let that brown. Add the stock slowly; season with salt, pepper, and 1 clove; let simmer for 20 minutes and strain. Boil olives in a little water for ½ hour. Add the cooked olives to the strained sauce and cook for 5 minutes. If brown stock is not at hand, use extract of beef or savita—1 teaspoon of extract to 1 cup of hot water. If the sauce is too thick, dilute it with a little stock.

GREEN PEPPER SAUCE
(salza di chili verdi)

Roast 1 dozen green chili peppers on top of hot stove until skin becomes puffy. Roll peppers in

damp cloth, leave for 5 minutes. Then peel off skin and remove seeds. Scald medium-sized tomato until skin loosens. Peel and chop fine with the chili and 3 medium-sized onions. Salt to taste. Serve cold. This sauce is delicious in soups, on steak, roasts, and fish.

MINCED HERBS SAUCE

1 small clove of garlic
1 shallot, or
1 green onion
6 mushrooms, chopped
1 tablespoon chopped parsley
1 tablespoon chives
1 tablespoon butter
white stock
4 egg yolks

Crush the garlic and shallot or onion to a paste and cook in the butter for 5 minutes. Add the mushrooms and seasoning and cook for 15 minutes longer; then pour over enough white stock to cover, and cook for 15 minutes. Thicken with the yolks of eggs, but do not allow the sauce to boil after adding the eggs. Dilute with more stock if too thick to pour smoothly.

JELLY AND MINT SAUCE

1 glass currant jelly
2 tablespoons finely minced leaves of mint
grated rind of 1 orange
tiny pinch of salt and paprika
2 tablespoons orange juice

Mix the ingredients together, lightly, with a silver fork, that the jelly may not become too broken. Let stand in ice box for ½ hour before serving. Serve

with roast lamb or lamb chops. This is an especially delicious sauce and is easily made.

JELLY SAUCE TO SERVE WITH LAMB OR GAME

Mix ½ teaspoon dry mustard, ¼ teaspoon salt, ¼ teaspoon cinnamon, and ⅛ teaspoon cloves with 2 tablespoons orange juice; add 2 tablespoons seedless raisins. Mix lightly with 1 glass of any preferred jelly that is rather tart.

SALMI SAUCE

A salmi is really a *réchauffé* of cooked game or lamb and this sauce is especially good with it, or with chicken. Break up the bones of any bird carcass and fry with

2 onions
1 small apple
2 tomatoes, chopped
2 bay leaves
8 peppercorns
½ teaspoon salt
dash of sweet marjoram

Simmer for ½ hour. Stir occasionally and keep well covered. Then add 1 rounded tablespoon of flour and stir until it boils. Add 1 cup of stock and a wineglass of grape juice and stir until boiling. Then simmer gently for 1 hour. Rub through sieve, heat again, and just before serving add ½ glass of port wine or flavoring.

MINT SAUCE

Strip the leaves from a bunch of fresh mint, and mince well. To ½ cup of chopped mint add ½ cup

of granulated sugar. Mix and crush together in a bowl until the juice of the mint has moistened the sugar thoroughly. Then stir into it ⅓ cup of vinegar, ⅓ cup of water, 1 saltspoon of salt, and a dash of white pepper. Let *simmer* gently until sugar is well dissolved.

MINT JELLY

½ packet gelatine
1 cup sugar
1 cup vinegar
½ teaspoon salt
¼ teaspoon paprika
3 tablespoons chopped mint
green vegetable coloring

Dissolve the gelatine in a little cold water. Boil the sugar and vinegar for 5 minutes, skim, add the gelatine, salt, and paprika and stir until dissolved. Add the chopped mint and enough green vegetable coloring to tint; then turn into molds and put on ice as soon as it is cold. Garnish liberally with sprigs of mint.

HORSE-RADISH SAUCE

(*for beef, mutton, or fish*)

3 tablespoons grated horse-radish root
1 tablespoon vinegar or lemon juice
¼ teaspoon salt
dash of cayenne
4 tablespoons heavy cream, whipped

Mix the first 4 ingredients and add to cream beaten stiff.

SAUCE FOR MACARONI OR RICE

1 quart tomatoes (fresh or tinned)
1 cup water or stock
1 large onion, peeled and sliced
3 whole cloves
1 piece stick cinnamon, about 4 inches long
3 coriander seeds, well bruised
1 stalk of celery
1 grated carrot
1 clove of garlic

Let cook until vegetables are soft and rub through a purée sieve. (Be sure *all* the pulp passes through the sieve.) Measure the liquid, and for every cup of liquid allow 1 tablespoon of butter and 1 tablespoon of flour. Put butter in a pan large enough to hold all the liquid easily; do not let it brown, but when it bubbles, add flour; stir in well; add the hot liquid; stir briskly, and let boil until smooth. Add savita, vegex, or beef extract, dissolved in a little hot water, 1 teaspoon of salt, 1 teaspoon of paprika, and 3 tablespoons of sugar.

Serve with spaghetti, macaroni, or boiled rice, packed in a rim mold, with sauce in the center. Sprinkle with grated cheese. If more butter is liked in the sauce than is used for the *roux*, it should be added, bit by bit, after the other ingredients are mixed.

FRIED APPLES

Wash and core apples, cut in ½ inch slices; fry in ½ butter, ½ lard, and sprinkle with salt. When cooked and browned, sift sugar over them. Serve with pork or ham. The frying pan for apples should be of very thick aluminum.

BAKED APPLE SAUCE

When roasting pork, make apple sauce in the oven at the same time. Put 1 tablespoon of water into a quart baking dish; then fill with good, juicy cooking apples, peeled, quartered, and cored. Cover well, and let cook about 1 hour. When they are reduced quite to a pulp, add sugar to taste and a morsel of fresh butter and salt. Bake uncovered until sugar melts. Baste once or twice.

COCKTAIL SAUCE

(*for clams, oysters, shrimps, or crabmeat*)

4 tablespoons tomato catsup
4 tablespoons Worcestershire sauce
1 tablespoon malt vinegar
1 tablespoon tarragon vinegar
3 tablespoons grated horse-radish
¼ teaspoon Tabasco sauce
1 teaspoon salt
2 tablespoons lemon juice

Mix all together well and place on ice until ready to serve.

CUCUMBER AND PIMIENTO

(*to serve with fish*)

Peel and chill as many cucumbers as required. Slice very thin, without wholly severing the slices. Insert between slices of cucumber a slice of pimiento, as nearly uniform in size and shape with the cucumber as possible. Just before sending to the table, cover with French dressing, mixed with 1 teaspoon of onion juice. Sprinkle with finely cut chives. Serve on glass dish.

CRANBERRY SAUCE

(adapted from an old cookbook)

Put 1 quart of cranberries into a large bowl and pour plenty of boiling water over them. The berries must be well scalded. Let the water cool until you can bear to dip your fingers in; then take out the berries by small handfuls, picking out carefully every one that is soft, discolored, or unripe. The good ones will be bright red from the scalding.

Put them in a porcelain or granite-ware kettle; pour on 1 pint of boiling water; cover and let boil for 20 minutes, or until the berries break. Shake or stir carefully while they are boiling.

Put 1 full pint of granulated sugar in a pan in the oven to heat, watching it carefully to see that it does not brown. When the berries are cooked as directed, turn in the sugar quickly, stirring well; boil up about 5 minutes, if sugar was very hot, 12 minutes if sugar was only warm.

Take off and strain through purée sieve into molds that have been rinsed in cold water. If not strained, the sauce will harden like jelly, with the broken berries through it.

SAUCES FOR PUDDINGS

MOUSSELINE SAUCE WITH BRANDY FLAVORING

Beat yolks of 4 eggs until light. Add gradually 1 cup of powdered sugar. Cook 5 minutes in double boiler, stirring constantly. Set in pan of ice water and beat until cool. Then add 1 cup of heavy cream beaten stiff, 1 teaspoon of vanilla, 3 tablespoons of brandy, and 1 saltspoon of salt.

HARD SAUCE

5 tablespoons powdered sugar
3 tablespoons butter
1 teaspoon boiling water

Beat well with silver knife and when very light add the beaten white of 1 egg and 1 teaspoon of flavoring.

CARAMEL SAUCE

To 1 cup of granulated sugar melted in saucepan until *brown*, not burned, add ½ cup of boiling water; cook 10 minutes, and cool.

FOAMY SAUCE NO. 1

½ cup butter
1 cup powdered sugar
¼ cup boiling water
1 teaspoon vanilla
3 tablespoons sherry or brandy
white of 1 egg

Cream the butter and sugar; add the vanilla and wine and beat them well. Just before serving, stir in the boiling water, add the whipped white of egg, and beat over hot water until foamy.

NO. 2

4 large tablespoons sugar
2 large tablespoons butter
1 level tablespoon flour

Stir to a cream in an earthenware dish. Then add the white of 1 egg beaten to a stiff froth; pour on to this 1 teacup of boiling water, set it in a dish of hot

water over the fire for a few minutes, and beat hard. Flavor with lemon or brandy.

RICH PUDDING SAUCE

3 tablespoons butter
3 tablespoons powdered sugar
2 tablespoons hot water
juice of ½ lemon
yolks of 2 eggs
dash of nutmeg
½ cup sherry wine flavoring

Cream the butter, add sugar, and cream again; then add egg yolks and beat until light; add the hot water and nutmeg; place the dish in a saucepan of hot water, and beat, adding, slowly, the lemon juice and wine. The sauce should be foamy.

LEMON SAUCE

1 cup sugar
½ cup water
juice and grated rind of 1 lemon
1 tablespoon butter
½ teaspoon nutmeg
pinch of salt
1 tablespoon flour, stirred smooth in a little water

Dissolve sugar in water and let boil for 5 minutes. Stir in flour; let boil again. Add butter, bit by bit, then lemon and nutmeg.

STRAWBERRY SAUCE

½ cup fresh strawberry juice
1 cup whipped cream
1 tablespoon maraschino
sugar to taste

Any other fruit juice may be used in this sauce.

CHOCOLATE SAUCE

¾ cup water
1½ cups sugar
1 tablespoon butter
4 squares unsweetened chocolate
2 teaspoons vanilla
tiny dash of salt

Melt chocolate, add butter, sugar, and water. Let boil 15 minutes. Cool slightly and add vanilla.

HOT CHOCOLATE SAUCE

(*for vanilla ice cream*)

2 cups light brown sugar
2 oz. bitter chocolate, grated
½ cup sweet milk
1 tablespoon butter

Boil together until a soft ball is formed when dropped into cold water; then take from fire and flavor with vanilla. Serve hot. Sauce may be made and reheated just before serving.

BUTTERSCOTCH SAUCE

1¼ cups brown sugar
⅔ cup corn syrup
4 tablespoons butter
¾ cup thin cream

Boil the butter, sugar, and syrup in a saucepan until it will form a soft ball when tried in cold water. Then add the cream. Beat well and serve on ice cream or other desserts. This sauce keeps well. Stir briskly before using.

MARSHMALLOW SAUCE

1 cup granulated sugar
½ cup water

Boil to a heavy syrup. Whip white of 1 egg to a froth; add 8 marshmallows cut in small pieces, and pour hot syrup over, beating well. Flavor with any desired flavor.

JELLY MARSHMALLOW SAUCE

Melt ½ cup of any preferred jelly over hot water. (Apple jelly is very delicate.) Remove from heat and beat in 1 large tablespoon of marshmallow cream; add tiny sprinkle of salt, and beat until smooth. If sauce is preferred less sweet, add 2 tablespoons of thin cream or evaporated milk.

MAPLE CREAM SAUCE

(*for pancakes, waffles, or French toast*)

1 cup maple sugar or
1½ cups maple syrup
2 tablespoons cream
1 teaspoon vanilla
whites of 2 eggs

Boil maple syrup till it grows hard if dropped in cold water. Beat whites of eggs until stiff, and stir into hot syrup after removing from fire; add cream and vanilla, and beat until perfectly smooth. Serve with hot cakes, waffles, and French toast.

IX

SALADS

GENERAL DIRECTIONS

Salads are temperamental and require very careful handling. They are too often soulless things, or, at best, low-grade morons.

To many tastes, all salads excepting those of fruit are improved by the presence of some member of the onion family, that very Puck of vegetables—not a shrieking, strident note of garlic or onion, but a delicate touch of flavor that even onion haters may not detect, a subtle *portamento* effect.

Suggestions for an Herb Garden

A tiny plot of ground may be planted with herbs to be picked all summer for use in salads, sandwiches, and sauces. Any or all of the following herbs and vegetables are delightful to give piquancy and variety to the menu:

Fresh tarragon leaves, chives, sweet basil (*ocimum basilicum*) for soups and salads; fennel for sauces and garnish for fish; thyme, summer and winter savoury, sage, rosemary, parsley, anise, sweet marjoram, caraway (the young shoots of the last named are delicious in salads and with cooked greens), chives, and, if the limit of the garden permits, shallots, leeks, and scallions (the varieties of the onion

family that do not "bottom out" but remain a thick stem). The sage may be dried for winter use, the tarragon stripped to make vinegar.

One or two French tarragon plants, and one of sage, at the back of the bed, then a line of herbs, with chives at the front, the whole bordered with parsley, will provide special flavorings and garnishes without much trouble. Sow parsley as a border very early in the spring, as it is slow to germinate. The French tarragon is a perennial. In August it may be cut down to the lower branches, the leaves stripped from the stalks, washed, scalded in 2 tablespoons of brown sugar to each quart of malt vinegar, strained, and bottled. After cutting down, the plant will spring again.

Convenient Supplies for the Salad Shelf

A special grater for the onion family.

Peppers, black and white, with a little French mill for grinding them. Freshly ground pepper is much better for salads than that ground and boxed.

Paprika, cayenne, Tabasco sauce, curry powder, etc.

Malt, tarragon, cider, and white wine vinegars.

A small mortar and pestle.

Squares of cheesecloth to tie the salad greens in after preparing them; bowls of several sizes; measuring cups and spoons; anything else the salad maker may find necessary and the limit of the shelf allow.

Suggestions

Combined malt and tarragon vinegars with a spoonful or two of lemon or lime juice (in proportion of ¼ acid to ¾ oil) is a pleasant variation.

Tomatoes being acid in themselves require less acid in the dressing and more black pepper. Sir Arthur Sullivan was famous for his tomato salad dressing. Before tasting it one shuddered at the reckless deluge of pepper, but the result was delightful—little acid, much oil, and pepper made it a rare and perfect creation.

Salads of meat or vegetables should marinate (pickle) for ½ hour in oil and vinegar, or lemon juice, dash of salt and pepper, in the proportion of 1 tablespoon of oil to 2 tablespoons of acid. Drain well and mix with preferred dressing just before serving.

When serving biscuits with salads, be sure that they are crisp. Limp biscuits are a culinary crime.

BEETS FOR SALADS

Pickled beets may be used either plain, with meats or fish, or in salads. Wash well and cut off the stems within 1 or 2 inches of the tops. Beets will "bleed" otherwise. Boil until tender, remove from water, plunge into cold water, and slip the skin from them. Place in glass fruit jar and pour over them while hot a spiced vinegar made by boiling 1 pint of vinegar with

¼ cup sugar
6 whole cloves
6 inch piece of stick cinnamon, broken
6 peppercorns
3 coriander seeds, well bruised in mortar
1 teaspoon salt
1 bay leaf and a little mace

Let these come very slowly to boiling point. Strain over hot beets, cover tightly, and keep in cool place.

SHREDDED LETTUCE

Lettuce leaves are shredded easily by piling them together and then cutting into fine strips with a sharp knife or kitchen shears. When lettuce leaves are large, shredded lettuce is more desirable than the whole leaf.

To Keep Lettuce Fresh

Prepare lettuce or other salad greens, wash, drain, and tie loosely in squares of cheesecloth wrung out from cold water. Place in ice box until ready to serve.

CREOLE VINEGAR NORRIS

(*very delicious for salads and sauces*)

½ gallon cider vinegar
½ gallon white wine vinegar
6 cloves of garlic
1 teacup celery seed
1 dessertspoon cloves
2 lbs. brown sugar
1 handful whole pepper
1 handful allspice

Boil vinegar with brown sugar and skim. Rinse all the seeds well, drain, and add to hot vinegar with garlic chopped fine. Pour into demijohn and let stand a month. Strain and bottle for use. Do not boil vinegar after seeds are added.

GARLIC VINEGAR

(*for salads*)

Prick a clove of garlic and drop it into bottle of malt vinegar to use in salad dressings, or add pricked garlic to a supply of French dressing.

SALAD DRESSINGS

Tastes differ but to many, a perfect green salad is one made by tossing the crisp leaves in a salad bowl that has been rubbed with a pricked clove of garlic. Pour over *first* a tablespoon of best olive oil, toss once or twice, then pour over the usual French dressing.

DRESSING FOR TOMATO SALAD

Add to mayonnaise or French dressing 1 tablespoon each of minced sweet green peppers, red peppers, pickled walnut, chives, tarragon, a pinch of English mustard, salt, and black pepper.

DRESSING FOR AVOCADO (ALLIGATOR) PEAR SALAD

It seems like painting the lily to add anything to the avocado other than lemon juice and salt with very little oil. However, many prefer the following, which is of Mexican origin: 2 parts of French dressing to 1 part of mayonnaise, 3 tablespoons of chopped pimientos, 1 of minced chives, 2 hard-boiled eggs (chopped), and 4 tablespoons of chili sauce. Mix lightly and serve very cold.

ORIGINAL PLAIN SALAD DRESSINGS

¾ teaspoon salt
½ teaspoon white and black pepper, freshly ground
¼ teaspoon paprika
1 tablespoon tarragon vinegar
2 tablespoons lemon or lime juice
7 tablespoons olive oil
¾ teaspoon clear onion juice, or rub bowl with pricked clove or garlic.

Mix dry ingredients, add vinegar, then oil. Beat until well blended. The vinegar and oil should form an emulsion and be creamy when sufficiently blended. To this foundation may be added a variety of condiments and different kinds of cheese.

The following dressing may be used plain or to blend with any cream cheese, Philadelphia, green chili, pimiento, or any soft cheese.

1 tablespoon tarragon vinegar
½ tablespoon malt vinegar
½ tablespoon cider vinegar
1 teaspoon chopped chives, shallot, or onion
1 teaspoon salt
½ teaspoon paprika
½ teaspoon black pepper
10 drops Tabasco sauce
1 clove of garlic, pricked with a silver fork
6 tablespoons olive oil

Blend well and let stand in a covered jar for 1 hour. Strain and add dressing to cheese, a little at a time.

When using the commercial mayonnaise, add to it vinegar or lemon juice, salt, pepper, and cream.

CHEESE DRESSING

Add to your usual French dressing green chili cheese, or any soft, sharp, "snappy" cheese. Beat until creamy. Be sure to add the touch of garlic to this dressing, which is especially good with romaine.

RUSSIAN SALAD DRESSING

Add to ½ cup of heavy mayonnaise

½ teaspoon English mustard
3 tablespoons chili sauce

2 tablespoons chopped green pepper
or tinned pimiento
1 tablespoon tarragon vinegar
1 tablespoon minced chives or onion
1 tablespoon picallilli

SPECIAL DRESSING

(*to be used with heart of lettuce, escarole, romaine*)

For each person use

1 tablespoon heavy mayonnaise
1 dessertspoon chili sauce
½ teaspoon *Escoffiers Sauce Diable*

Mix with juice of ½ a lemon, salt, pepper, paprika, chives or grated onion.

RAVIGOTE MAYONNAISE

Mix

2 tablespoons cooked spinach
1 tablespoon capers
½ shallot, finely chopped
3 anchovies
⅓ cup parsley
½ cup water cress

Pound in mortar until thoroughly macerated, then force through a very fine sieve. Add pulp to 1 cup of mayonnaise.

FRITZ'S SALAD DRESSING

1 raw egg
1 hard-boiled egg
½ teaspoon English mustard
½ teaspoon black pepper
½ teaspoon paprika

1 teaspoon salt
2 tablespoons vinegar
5 tablespoons olive oil

Rub smooth the yolk of hard-boiled egg, blend with yolk of raw egg. Add mustard, pepper, salt, oil, and vinegar. When well mixed, add beaten white of raw egg. Stir in minced white of hard-boiled egg.

LOUIS DRESSING

Rub a bowl well with a pricked clove of garlic. Then, in it, make a mayonnaise of

2 raw egg yolks
1 tablespoon lemon juice
1 tablespoon tarragon vinegar
enough olive oil to thicken

The commercial mayonnaise may be used if desired. Rub mixing bowl with garlic; and add to mayonnaise

1 tablespoon tarragon vinegar, or minced tarragon leaves with dash of lemon juice
2 tablespoons chili sauce
2 tablespoons chopped pimiento
1 teaspoon Worcestershire sauce
1 teaspoon salt
1 teaspoon powdered sugar
1 teaspoon paprika and black pepper mixed
¼ teaspoon prepared English mustard

INDIA DRESSING

(for eggs or sardines)

To mayonnaise add the juice from 1 small clove of garlic and 1 level teaspoon of curry powder. This

is delicious with cold hard-boiled eggs or sardines on a bed of shredded lettuce.

SPANISH DRESSING

1 teaspoon salt
¼ teaspoon paprika
1 tablespoon horse-radish
2 tablespoons chili sauce
1 tablespoon lemon, lime, or vinegar
6 tablespoons oil

Mix all ingredients and blend well. Rub salad bowl with garlic. Toss greens in it with a spoonful or two of the dressing. Pour dressing over and serve with hot cheese balls.

BOILED SALAD DRESSING

(*for potatoes, cold slaw, etc.*)

2 whole eggs or yolks of 4
4 tablespoons vinegar
½ cup whipped cream
salt and pepper

Beat eggs to a cream, season with salt and pepper. Bring vinegar to boiling point, and pour over eggs, stirring well. When smooth place over fire. Stir constantly until the mixture begins to thicken, then remove from the fire instantly or it will curdle. Let cool, and when ready to serve beat in whipped cream.

MRS. GRADY'S BALTIMORE BOILED DRESSING

Blend 2 eggs well beaten with

2 teaspoons of flour
½ cup vinegar

1 teaspoon prepared English mustard
(dry mustard stirred to a paste with water or vinegar and pinch of salt)
1 level tablespoon sugar
½ cup milk, or thin cream
2 teaspoons butter
1 teaspoon salt
¼ teaspoon pepper

Cook in double boiler until the mixture begins to thicken; pour while hot over thinly shaved cabbage or sliced boiled potatoes. Let stand until cold before serving.

CALIFORNIA HONEY SALAD DRESSING

(*for fruit salads*)

yolks of 2 eggs
½ cup strained honey
1 tablespoon sugar
½ cup sweet cream, whipped
⅓ cup lemon juice
1 level teaspoon flour rubbed smooth in lemon juice
grated rind of lemon

Beat egg yolks until light. Add other ingredients and mix. Cook in double boiler, stirring constantly, until as thick as very heavy cream. When cool, mix with whipped cream.

HEAVY SALADS

Any cold meats and a heavy salad such as potato, beet, or macedoine, make an appetizing summer luncheon, preceded by a bouillon, hot or cold, and followed by a light sweet and a cup of black coffee.

LOS ANGELES POTATO SALAD

4 medium-sized boiled potatoes
2 hard-boiled eggs
2 stalks of celery
½ small onion
1 cucumber

Cut all ingredients but the eggs into small cubes or slices. Marinate well. Let stand in ice box until ready to serve. Drain well and pour over the following cooked dressing.

Mix until smooth

2 eggs, well beaten
½ tablespoon sugar
¾ teaspoon salt
¼ teaspoon mustard
¼ teaspoon white pepper
¼ teaspoon paprika
1 tablespoon melted butter
½ cup mild vinegar

Cook in double boiler until thick enough for salad dressing. When cold, whip in a cup of either sweet or sour cream. Garnish with eggs, sliced, or yolks powdered and sprinkled over top, with whites cut in rings as border.

BERMUDA POTATO SALAD

Mix ½ cup of melted butter with 1½ tablespoons of lemon juice and pour over 1 quart of sliced *hot* potatoes; toss, chill, and mix with the following dressing.

Powder the yolks of 2 hard-boiled eggs. Add to them

½ teaspoon English mustard
1 teaspoon salt
½ teaspoon paprika
¼ teaspoon white pepper

Then add alternately and slowly, beating well

½ cup salad oil
¼ cup vinegar or lemon juice
1 tablespoon grated onion

The commercial mayonnaise may be used instead of oil and acid. Add other ingredients and proceed as in directions.

Just before serving add 1 cup of whipped cream to the dressing. Toss the potatoes in a little of the dressing and pour the remainder over the salad. Garnish with whites of eggs, cut in rings, and sprinkle with minced parsley.

PLAIN POTATO SALAD

6 cold boiled potatoes
4 tablespoons salad oil or melted butter
2 tablespoons vinegar
½ tablespoon salt
1 tablespoon onion juice
2 tablespoons minced parsley
dash of cayenne pepper

Cut potatoes into ½ inch cubes. Make dressing of the other ingredients, well mixed. Toss potatoes in dressing and let stand for 20 minutes. Drain and cover with mayonnaise or cream dressing. Sprinkle with minced chives and parsley.

NEW POTATO SALAD

When new potatoes are in market, especially those of Bermuda, boil a pint of potatoes not larger than

walnuts. When cooked, drop into cold water and rub off skins. Then prepare a French dressing and

1 bunch of young onions
1 bunch of radishes
1 small head of lettuce
1 clove of garlic

Skin and trim onions, leaving on 1 inch of the green top. Wash and trim radishes. Prepare lettuce and put all to chill. When ready to serve, rub a bowl with a pricked clove of garlic. Toss potatoes in this bowl with well blended mixture of

1 tablespoon oil
1 tablespoon lemon juice
1 teaspoon salt

Arrange on platter or in salad bowl a border of lettuce leaves or bed of shredded lettuce. Make an outer circle of the onions and inside of them put the potatoes, with lettuce heart in center. Pour chilled salad dressing over all. Garnish with radishes and sprinkle with mixed chives, tarragon, and parsley.

SOLDIER SALAD

(*warm potato salad with bacon*)

Fry ¼ pound diced bacon with 1 slice of chopped onion until crisp. Remove from fat and mix with cold boiled potatoes diced. Sprinkle with paprika and a little salt. Add to the bacon fat 3 tablespoons of sharp vinegar and 1 of cream. Stir over fire until well mixed. Then pour while hot over bacon and potatoes. Garnish with crisp shredded lettuce.

WHOLE BEET AND POTATO SALAD

Cook shapely, medium-sized beets until tender. Drop them into cold water and slip skins from them. Hollow out each beet with a teaspoon until a deep cup is formed. Fill with Creole or tarragon vinegar. Let stand in ice box to chill. When ready to serve, drain and fill with the following mixture:

Chop cold boiled potatoes with ¼ their quantity of celery and a few pecan, cashew, or walnut meats. Season well with 1 teaspoon of grated onion, salt, and pepper. Moisten with mayonnaise or boiled dressing. Top with stiff mayonnaise. Sprinkle with minced chives and place in cups made of crisp lettuce.

POTATO AND BEET SALAD
(with eggs and nuts)

Boil 10 or 12 small potatoes in their jackets, salting them when about half done. Drain and cool. Then peel and chop them fairly fine with ½ of a green sweet pepper, freed from seeds.

2 hard-boiled eggs
3 tablespoons chopped cucumber pickle
2 tablespoons walnut kernels boiled in salted water for 5 minutes, then drained and chilled in cold water
3 small cooked beets, chopped separately

Mix all the ingredients well (except the beets), season with salt, black pepper, and paprika. Moisten with a good boiled salad dressing and pack into a wet mold. Let chill in ice box. When ready to serve, turn out on a bed of lettuce or cress. Make a thick

border garnish of the beets, and mask the top with dressing.

LAMB AND POTATO SALAD
(with mint jelly)

2 cups cold roast lamb, measured after cutting into ½ inch cubes
1 cup cold boiled potatoes, sliced and marinated for ½ hour
2 hard-boiled eggs
mayonnaise

When ready to serve, drain potatoes and toss lightly with the lamb in a little mayonnaise. Place on dish, mask with mayonnaise. Garnish with hard-boiled eggs, sliced, and mint jelly cut in small cubes.

CABBAGE SALAD
(San Francisco)

Remove any wilted or damaged leaves from a medium-sized cabbage and soak it in salted water for ½ hour. Drain thoroughly and remove the center.

Discard the coarse heart and chop leaves fine. Then mix with them

½ cup chopped celery
1 tablespoon minced onion
1 small green pepper, chopped fine

Add to a well blended mixture of

3 tablespoons vinegar
3 tablespoons olive oil
1 tablespoon powdered sugar
1½ teaspoons salt

Let stand in ice box for ½ hour. Then toss, drain, and mix with ½ cup of mayonnaise. Refill cabbage

shell and garnish with strips of red pimiento. In the interval, while mixture is left to marinate, put cabbage shell in cold water with piece of ice in center. Drain well before filling.

TOMATO JELLY

1 tin of tomatoes
1 tablespoon sugar
½ small onion sliced
1 teaspoon salt
1 packet gelatine
8 peppercorns

Boil tomatoes 10 minutes with sugar, onion, salt, and peppercorns. Strain, and add gelatine which has soaked 15 minutes in ¼ cup water. Wet small molds in cold water. Pour in tomato and chill.

MACEDOINE SALAD

This is a well-known salad. It may be made economically by saving the very small left-overs of vegetables from the dinner of the night before (even a tablespoonful may be used to advantage), and with a basis of staple vegetables always at hand, a nourishing, attractive salad may be served at short notice.

In preparing, cut large vegetables into cubes of uniform size, string beans and peas as they are served for the table. Potatoes, beets, carrots, delicate summer turnips, mushrooms, cauliflower, artichoke bottoms or Jerusalem artichokes, cucumbers, celery—any or all vegetables may be used. When they are cut into proper size, toss them lightly together in a bowl. Marinate them with 1 tablespoon of olive oil, well mixed with

2 tablespoons acid (either tarragon vinegar or lemon juice, or equal parts of both)
2 saltspoons salt
1 saltspoon paprika
2 tablespoons grated onion

Pour over prepared vegetables and mix well. Cover bowl and place in ice box to chill. Beets, if used, should not marinate with other vegetables, as their juice colors all the other ingredients. If spiced, they are already pickled. When ready to serve the salad, drain well, add beets, mix all with a little mayonnaise, and pile in shape on dish on bed of cress or lettuce leaves. Mask with mayonnaise.

Make a border garnish of slices of tomatoes or whole small ones (previously peeled and chilled), alternating with pickled onions, pickled walnuts, and olives (whole or cut in slices). Cut thin strips of pimiento and arrange them in lines raying from top of salad. Between each section place slices of olives stuffed with pimiento or anchovy and a few capers. Anything desired may be used as a garnish that will give an attractive appearance to the salad. French dressing may be used if preferred.

SUÉDOISE SALAD

Cut into small pieces

2 tablespoons beef tongue
2 cooked potatoes
½ apple
½ cooked beet
1 cooked carrot
filets of a boned herring

Place in a bowl rubbed with a clove of garlic. Add 1 teaspoon of diluted English mustard to a

French dressing. Pour dressing over and mix well. Transfer to a serving salad bowl. Sprinkle with minced parsley. Border with cress or lettuce.

RUSSIAN SALAD

By buying the cooked meats for this salad at a delicatessen, and using any cold left-over or *tinned* vegetables, it is possible to have a luncheon for a hot summer day with very little effort. If the flavor of onion is liked, add grated onion or onion juice to dressing.

Cut up separately into small cubes

2 tablespoons roast beef
2 tablespoons boiled ham
2 tablespoons beef tongue
2 tablespoons chicken
2 tablespoons lamb
1 cup cold boiled potatoes or any other suitable vegetable
2 truffles finely minced
boned anchovies

Put the meats into a salad bowl, separating each kind by boned anchovies. Fill center with tartare sauce or mayonnaise. Cover sauce with finely shredded lettuce. Sprinkle truffles over all. Send to table as it is, for this salad should be mixed together only just before serving.

COLD BOILED TONGUE SALAD

Cut tongue into thin small pieces and cover with layer of very thinly sliced onions and ripe olives. Serve on shredded lettuce with French dressing.

CHICKEN SALAD

(*a Louisiana recipe*)

In covered pot, cook slowly until tender, with just enough water to prevent burning,

1 fowl
1 slice of lemon
1 bay leaf
1 blade of mace
3 cloves

When cold, remove skin and cut meat into dice. Cut celery into ½ inch pieces. To each pint of meat allow ½ pint of celery and 1 cup of mayonnaise. When ready to serve, mix celery and chicken, dust lightly with salt, white pepper, and dash of cayenne. Mix with them the mayonnaise, to which 1 cup of well drained whipped cream has been added.

JELLIED SWEETBREAD SALAD

1 pair sweetbreads
1½ cups sweetbread liquor
1½ tablespoons gelatine
3 egg yolks
½ teaspoon paprika
1 teaspoon salt
dash of cayenne pepper
½ cup chopped walnuts or cashew nuts
½ cup whipped cream

Prepare and boil sweetbreads (as given in directions for cooking sweetbreads). Strain liquor in which they were boiled. Cool ½ cup and soak gelatine in it. Beat egg yolks to a cream; add them, with the seasonings, to the remaining measure of liquor. Cook in double boiler until the mixture will coat the spoon. Remove from fire. Add gelatine and stir

well. Just before the mixture begins to set, add nuts and whipped cream. Put sweetbreads in straight glass mold rinsed out with cold water. Pour mixture over them and place on ice until firm. Slice with very sharp knife. Serve on lettuce with garnish of mayonnaise and lemon points.

CELERY VICTORIA

Select strong stocky bunches of celery, allowing 1 bunch for 2 people. Take off the coarse outer stalks, wash, trim and clean well, and boil until tender in well seasoned soup stock. When tender, drain, put into deep bowl or dish, and cover with a well seasoned dressing of oil, vinegar, salt, and pepper. Let stand overnight and when ready to serve, cut celery through lengthwise, allowing one half to a person. Serve on lettuce, garnish with filet of anchovies, and cover liberally with French dressing.

TOMATOES WITH FRENCH DRESSING

Scald tomatoes and plunge at once into iced water. Put in ice box to chill. When ready to serve, remove skin, cut in quarters, but do not quite sever them. Make cup of crisp lettuce leaves. Put tomato on lettuce cup and cover with French dressing made with more than the usual amount of black pepper. Sprinkle with minced chives, tarragon, and sweet basil.

SLICED TOMATO AND CREAM CHEESE
(original recipe)

Chill, peel, and slice ⅓ of an inch thick as many small, smooth tomatoes as you wish individual salads.

Spread with equal parts of grated celery and cucumber well drained. Soften a small cream cheese with 1 tablespoon of cream, and add to it minced green peppers and chives. Form this into a thin flat sheet on an oiled paper and cut into rounds the size of the tomatoes. Put rounds of cheese between 2 slices of tomato and place on cress or lettuce. Top with mayonnaise. Garnish with minced chives, tarragon, and slices of pimiento olives. Serve toasted and buttered cassava wafers with this salad.

SWEETBREAD (OR CHICKEN), CELERY, AND PEAS

1 cup peas
1 cup each celery and sweetbreads, or chicken, diced
1 cup, or more, rich mayonnaise

Toss well into the mayonnaise. Place on crisp lettuce leaves or in tomato shells. If commercial mayonnaise is used, always add lemon juice, salt, and pepper.

COTTAGE CHEESE WITH IMPERIAL FIGS

Mold cottage cheese into dome shape and place on crisp lettuce leaves. Cut imperial skinless figs in half lengthwise and arrange in upright border against the cheese. Pour French dressing over all.

ROQUEFORT AND CREAM CHEESE

(for filling stalks of celery, to serve with salad, or as a canapé)

Use equal parts of Roquefort and Philadelphia cream cheese, well blended with 1 or 2 tablespoons of cream. Add by degrees

1 teaspoon Worcestershire sauce
1 teaspoon paprika
½ teaspoon salt
dash of cayenne

Fill fine stalks of celery, or make into balls with butter paddles. A level teaspoon of anchovy paste and ½ teaspoon *powdered* caraway seed make a pleasant variation in this recipe.

CRAB LOUIS

1 lb. crab meat, lobster, or shrimp
3 smooth tomatoes
3 hard-boiled eggs
1 head of lettuce
1 heart and fine inner stalks of celery
3 artichoke bottoms

Shred lettuce and make a bed of it on a platter or salad dish. Sprinkle over this minced celery. Then arrange on this bed, alternating in rows radiating from center, the shell fish, which has been previously sprinkled with lemon juice and paprika, the tomatoes, eggs, and artichoke bottoms, all quartered. Cover thickly with Louis dressing.

SHAD ROE SALAD
(*with cucumbers*)

Simmer shad roe for 20 minutes in water with

1 slice of onion
1 bay leaf
1 tablespoon vinegar

Prepare

2 cucumbers
mayonnaise
lettuce
French dressing

Cool roe, cut into cubes, and pour over them a French dressing. Have cucumbers peeled, cut into cubes, and well chilled. Dress with heavy mayonnaise. Place roe on crisp lettuce leaves and circle with the cucumbers and lemon points.

JELLIED CUCUMBER SALAD

Pare 4 or 5 table size cucumbers and remove seeds. Soak 20 minutes in cold water, grate, and drain cucumbers. There should be 3 cups of pulp. Soften 1½ packets of granulated gelatine in water; when soft, add ½ cup of hot, mild vinegar, or juice of 1 lemon diluted with water to make ½ cup of liquid. Add ½ teaspoon of salt, ½ teaspoon of white pepper, and 1 teaspoon of onion juice. When cool and clear add cucumber pulp. There should be 4 cups of liquid in all. Add water, if necessary, to make full measure. Color light green at the last, using very little vegetable coloring at a time to get the desired shade. Mold in individual molds, or one large one. Rinse molds in cold water before filling. Place in ice box to chill. Turn out on cold serving plate and dash a little paprika for color. Surround with small, crisp lettuce leaves, and serve with French dressing.

Jellied cucumbers may also be molded in oval ring, the center filled with tomatoes, peeled and sliced, or quartered, topped with mayonnaise, and sprinkled with minced chives. Garnish with lettuce or cress.

JELLIED CUCUMBER WITH SALMON

Flake cold boiled salmon and pile lightly in mold rinsed with cold water. Pour liquid jelly over it and let stiffen in ice box. Serve with mayonnaise or

French dressing. Border with small lettuce leaves. Serve as fish entrée, or salad. A fish mold is an attractive shape for this dish.

JELLIED PINEAPPLE AND CUCUMBER SALAD

Dissolve 1½ packets of gelatine in ¾ cup of cold water. Add

2½ cups boiling water
juice of 1 lemon
½ cup sugar

Put through coarse meat grinder

1 cup tinned pineapple
1½ cups chopped cucumbers

Drain well and add 2 tablespoons vinegar. Mix with other ingredients; color delicate green with vegetable coloring, and turn into molds, rinsed with cold water. Serve with rich mayonnaise; garnish with strips of tomato or pimiento for color.

CUBAN FRUIT SALAD

6 or 8 bananas
maraschino cherries
1 cup granulated sugar
½ cup lemon juice
1 tablespoon sherry flavoring
lettuce

Lay bananas on ice until half frozen. Peel and slice thinly into glass bowl. Sprinkle with minced maraschino cherries. Make syrup of sugar and lemon juice. When cool, add sherry and pour over fruit. Cover closely and keep on ice. Drain and serve on crisp lettuce leaves.

FRATERNITY SALAD

Put oranges on ice for 1 hour. Cut a piece from the top of each. Quarter the peel half way down and roll it back. Scoop out pulp, and add to it shredded pineapple, sliced bananas, and 1 minced maraschino cherry to each orange. Sweeten to taste, refill shells, and fill remaining space with sherry. Serve on lettuce with Japanese or Swedish rice wafers.

PEAR AND CREAM CHEESE SALAD

Select ripe pears, peel, core, cut in half lengthwise, and slightly hollow the center. Mix 1 small cream cheese with 4 tablespoons of chili sauce. Fill center of pears with the mixture; cover with mayonnaise dressing into which ½ cup of cream has been beaten just before using; garnish each with 4 blanched almonds. Marinate pears in lime or lemon juice for ½ hour before filling.

The Italians have a saying that if the peasants knew how good cheese and pears were together, they would never bring either to market. A ripe juicy pear eaten with Oka or Bel Paese cheese, as one lingers over the coffee, is a truly epicurean finish to a dinner.

PEAR AND GRAPE SALAD
(with romaine)

On a bed of tender leaves of romaine lettuce place 2 inverted halves of pears, either canned or fresh ripe. Leave a space between to put a row of halved and seeded grapes and cover with spiced currant and ginger dressing. Sprinkle pears with lemon juice before placing on romaine.

Spiced Currant and Ginger Dressing

Into 1 cup of mayonnaise fold 1/4 cup spiced currants and 2 tablespoons minced candied or Canton ginger. Just before serving fold in 2 or 3 tablespoons whipped cream.

FRUIT SALAD

Cut balls from cantaloupe or watermelon (with French vegetable scoop); combine with white grapes, peeled and seeded (or large white cherries, fresh or tinned). Stuff grapes with Philadelphia cream cheese, softened with a little cream and seasoned with salt and paprika. Chill well; when cold, place in pyramidal form on pears peeled and cored, halved lengthwise, centers slightly hollowed. Serve on lettuce; dress with mayonnaise into which a little whipped cream has been beaten just before serving. Garnish with grape or cherry, stuffed with cheese. For a change, stuff half the small fruit (grapes or cherries) with finely minced, blanched almonds or cashew nuts, combined with cheese. Peeled grapes may be bought in tins at grocers.

X

DESSERTS

GENERAL DIRECTIONS

How to Freeze Desserts

There are many excellent patent freezers now on the market. The directions are for the freezers generally used.

Crush ice fine. Place can containing mixture to be frozen in wooden tub, cover and adjust top. Turn crank to make sure can fits in socket. Allow 3 level measures of ice to 1 of salt, and repeat until ice and salt come to top of can, packing solidly, using handle of mallet to force it down. If only small quantity is to be frozen, the ice and salt need come only a little higher in the tub than mixture to be frozen. These are found the best proportions of ice and salt to insure smooth, fine grained cream, sherbet, or water ice, while equal parts of salt and ice are used for freezing frappé. If a larger proportion of salt is used, mixture will freeze in shorter time and be of more granular consistency, which is desirable only for frappé.

The mixture increases in bulk during freezing, so the can should never be more than ¾ filled; by overcrowding can, cream will be made coarse grained. Turn the crank slowly and steadily to expose as large surface of mixture as possible to ice and salt.

After mixture is frozen to a mush, the crank may be turned more rapidly, with more ice and salt added

if needed; never draw off salt water until mixture is frozen, unless there is possibility of its getting into the can.

After freezing is accomplished, draw off water, remove dasher, and with spoon pack cream solidly. Put cork in opening of cover, then put on cover. Repack freezer, using 4 measures of ice to 1 of salt. Place over top newspapers or piece of blanket; when serving time comes, remove can, wipe carefully, and place in vessel of cold water; let stand 1 minute, remove cover, run a knife around edge of cream, invert can on serving dish, and frozen mixture will slip out. Should there be any difficulty, a cloth wrung out of hot water and passed over can will aid in removing mixture.

To Mold Frozen Mixture

When frozen mixtures are to be bricked or molded, pack mixture solidly in molds and cover with buttered paper, buttered side up. Have molds so well filled that mixture is forced down sides of mold when cover is pressed down. Repack in salt and ice, using 4 parts of crushed ice to 1 part of salt. If these directions are carefully followed, one may feel no fear that salt water will enter cream, even though molds be immersed in water. A piece of unmedicated adhesive tape around the mold is an additional precautionary measure.

VANILLA ICE CREAM

1 pint milk
3 pints rich cream
2 cups sugar
3 teaspoons vanilla

Pour the milk into the cream and beat until well mixed. Then pour half into a saucepan, add the sugar, stir well, and *scald* (*not boil*). Let cool, then add remaining cream, flavoring, and freeze. It is not necessary to scald the cream, but by doing so a rich, firm velvety texture is secured that is well worth the additional labor. This recipe may be used for ice creams of *all* flavors.

CALIFORNIA ICE CREAM
(*made from milk and cream*)

Put 1 quart of milk in double boiler and let come to scalding point. Mix 1 rounded tablespoon of flour with 1½ cups of sugar. Stir sugar and flour into scalding milk. Let stand at scalding point, stirring often, for *30 minutes*, then strain and let cool. Whip 1 pint of cream, stir into mixture, flavor with any desired flavoring, and freeze.

LEMON ICE CREAM

Use lemon instead of vanilla flavoring in the ice cream.

COFFEE ICE CREAM

Add 1 pint of black coffee to the cream and sugar before scalding.

CHOCOLATE ICE CREAM

Melt 4 ounces of unsweetened chocolate and add to cream and sugar before scalding.

STRAWBERRY OR RASPBERRY ICE CREAM

Allow ½ pint of fruit juice to 1 quart of cream. Sprinkle sugar over the berries, crush, and rub through a sieve. If the berries are very sour add a little more sugar. Proceed as in vanilla ice cream.

NOTE: Bananas, pineapple, peaches, etc., should be crushed and mixed with cream just before freezing

If peaches are pared, sliced, a little sugar stirred with them, and allowed to stand for ½ hour, enough juice is liberated to add 1 cup of it (strained) to the ice cream. The peaches may then be pulped and added.

MAPLE FIG MOUSSE

4 egg yolks
¾ cup maple syrup
2 cups thin cream
1 tablespoon gelatine soaked in
2 tablespoons cold water
¼ lb. dried figs
2 cups water
1 tablespoon lemon juice
¼ teaspoon cinnamon
½ cup whipped cream

Beat egg yolks to a cream, add maple syrup and cream, and cook in double boiler until thick (do not let boil or it will separate). Add soaked gelatine and stir until gelatine is dissolved. Remove at once from fire and beat until slightly cool.

Wash and chop figs and cook in 2 cups of water with lemon juice and cinnamon until tender. When cold add to first mixture, fold in whipped cream, and let chill. Serve sprinkled with chopped nuts. Preserved or brandied figs may be used instead of the dried ones.

MAPLE MOUSSE

Whip 1 pint of cream to light froth, then drain it well. Put into a saucepan 1 measuring cup of maple syrup. Stir in the beaten yolks of 4 eggs, and place over fire. Stir until the mixture becomes hot and the eggs thicken the syrup; take from the fire at once and stand in a pan of ice water; beat mixture with egg beater until it is light and cold; then mix it with whipped cream.

Meanwhile pack the ice cream freezer with salt and ice, using more salt than for ice cream. Turn the prepared mixture into mold and let it stand packed in ice for 3 or 4 hours. This may also be frozen as ice cream, after beating it with the syrup.

MARSHMALLOW AND CARAMEL PARFAIT

1 pint cream, whipped and drained
¼ lb. marshmallows, cut in quarters
¼ lb. ground walnuts

Mix, put into mold, and pack in ice for 4 hours. Serve with the following caramel sauce poured over parfait.

Sauce

Melt 1 cup of granulated sugar in a saucepan until brown. Add 1 cup of hot water and cook until thick and clear. Cool and pour over parfait just before serving.

RUBY PARFAIT

6 half peaches, plain or brandied
1 pint vanilla ice cream
1 pint raspberries, black or red

Press the raspberries, fresh or canned, through a sieve to remove seeds. Put a half peach in sherbet glass. Add ice cream and pour prepared raspberries over all. This recipe will serve 6 persons.

316 B STREET FROZEN PUDDING

(delicious!)

1½ cups of orange juice
¼ cup lemon juice, sweetened to taste

Stir well and pour into brick mold. Then mix 1 pint of heavy cream, whipped and drained, with 1 cup of powdered sugar, 1 teaspoon of vanilla, and ⅔ cup of English walnut meats coarsely ground. Pour over the first mixture to overflow mold. Cover with buttered paper and fit on cover. Pack in salt and ice. Let stand 3 hours.

ORANGE ICE

Make a syrup by boiling 4 cups of water and 2 cups of sugar 20 minutes. Add 2 cups of orange juice, ¼ cup of lemon juice, and the grated rind of 2 oranges. Cool, strain, and freeze, using 4 parts of finely crushed ice to 1 of rock salt.

SHERBETS

A sherbet is a fruit juice sweetened, diluted with water, and stirred rapidly while freezing.

ORANGE SHERBET

6 oranges
1 lb. sugar (2 cups)
1½ pints water
1 lemon

Grate rind of 3 oranges and add it to the sugar. Then add water and stir until sugar is dissolved. Cook 5 minutes, strain, and cool. Add juice of oranges and lemon (there should be 1 pint of juice) and turn mixture into freezer. If *water ice* is desired, stir only occasionally; if sherbet, stir rapidly while freezing.

LEMON SHERBET

1 lb. sugar (2 cups)
juice of 4 lemons
juice of 2 oranges
rind of 1 lemon
1½ pints water

Proceed as for orange sherbet.

ALL BERRY SHERBETS

Mash fruit, press through colander, and strain. There should be a generous pint of fruit juice. Boil water and sugar—2 cups of sugar and 2½ cups of water—together, cool; add fruit juice and juice of 1 lemon. Proceed as in other sherbets.

PINEAPPLE SHERBET

1 pint grated pineapple
1 lb. sugar
juice of 1 lemon

Boil sugar and water together, let cool, add juice of lemon and grated pineapple. Freeze as in other sherbet recipes. Serve with teaspoon of anisette in each glass.

SORBET

A sorbet is a sherbet with the white of an egg and powdered sugar added. To make, use sherbet recipes and continue thus:

Beat white of 1 egg, add to it 1 tablespoon of powdered sugar, and beat again. Remove dasher of freezer, add this meringue to the frozen mixture. Mix well, cover, and let stand 1 hour.

PUDDINGS

ENGLISH PLUM PUDDING

(for Christmas)

¼ lb. bread crumbs, free from crust
½ lb. beef suet, chopped fine, free from skin and fiber
¼ lb. flour
½ lb. currants, washed and dried
½ lb. raisins, seeded and lightly floured
½ teaspoon salt
½ teaspoon grated nutmeg and mace, mixed
½ lb. granulated sugar
⅓ teaspoon baking powder
8 beaten eggs
2 oz. chopped candied peel, either orange or lemon
2 oz. minced apples
1 large glass brandy

Mix all together thoroughly. Put a square of strong white cloth into a pudding bowl and flour it. Pour into it the above mixture and tie it firmly, being sure to allow space for rising, or the cloth will burst. Drop into kettle of boiling water and keep it boiling for 6 hours; then take it out and hang up in a cool place, where it will swing free.

When ready to use, drop into boiling water for 1 hour; serve with brandy sauce. This quantity makes 1 large pudding. Twice this quantity makes 3 of medium size. Boil as many as you wish in 1 kettle. This pudding should be made 2 or 3 weeks or even longer before using.

GRANDMOTHER'S FRUIT PUDDING

(*delicious and inexpensive*)

1 large cup beef suet, measured after it is finely chopped and fiber removed
1 large cup (or more) raisins, carefully seeded
1 large cup currants, well washed, dried, and dredged lightly with flour
1 cup sweet milk
1 cup molasses
1 teaspoon soda, dissolved in tepid water and beaten into the molasses
2 teaspoons powdered cinnamon
1 teaspoon powdered clove
2½ cups flour
1 saltspoon salt

Steam in buttered pudding mold for 3 hours. Serve with foamy sauce. This pudding is just as good when reheated as when first served.

AUNT LOU'S BERMUDA GOLDEN PUDDING

Melt ¼ pound butter and mix with 2 ounces grated white bread crumbs, freed from crust. Add ¼ pound sugar, 3 ounces orange marmalade, and yolks of 4 eggs, well beaten.

Beat all together thoroughly, and pour the mixture into a well buttered pudding dish. Bake ½ hour, and serve with sherry sauce. Use the whites of the

eggs in making the sauce, and for a meringue for the top of pudding.

In making the meringue, do not beat eggs too stiffly, as the air cells are then not large enough to expand sufficiently to make the meringue light. Use powdered sugar for sweetening.

BREAD PUDDING

(a recipe from Holland)

4 cups milk
1¾ cups bread, broken in pieces
3 eggs, yolks and whites separated
¾ cup sugar
pinch of salt
1 teaspoon vanilla

Soak bread well in milk, then add beaten yolks of the eggs, sugar, salt, and vanilla; mix well and let stand 1 hour. Bake until firm. Cover top with thin layer of currant jelly or any tart jam; add a layer of finely minced nuts, and a meringue of the whites of the eggs, beaten, and sweetened with 4 tablespoons granulated sugar. Let brown in oven.

SPICED BREAD CRUMB PUDDING

(excellent and inexpensive)

1 cup sour milk
1 cup stale bread crumbs
1 cup brown sugar
¼ cup shortening (Crisco or butter)
½ cup flour
½ teaspoon cinnamon
⅛ teaspoon cloves
2 tablespoons molasses
1 teaspoon soda
¾ cup raisins

Soak bread crumbs in sour milk for ½ hour. Cream the shortening and sugar together. Add molasses; flour, sifted with spices and soda; and last, the raisins, well floured. Add the mixture to the bread crumbs and sour milk, pour into buttered dish, and bake in a slow oven for 45 minutes. Serve hot or cold. The molasses may be omitted. Serve with foamy sauce, or whipped cream, flavored with vanilla. This recipe will serve 8.

BUTTERSCOTCH BREAD PUDDING

(very delicious!)

¾ cup brown sugar
2 tablespoons butter
2 cups milk
2 eggs
¼ teaspoon salt
1½ cups bread and butter cubes
½ teaspoon vanilla

Put butter and sugar in top of double boiler. Stir over the fire until it begins to boil. Let boil 1 minute, stirring constantly and being very careful that it does not burn. The sugar should become slightly caramelized. Add milk and place over hot water. When milk is scalded, add *slowly* to the 2 egg yolks beaten with the salt.

Butter a pudding dish. Put in the buttered bread cubes, pour mixture over them, and cook in a moderate oven (about 350° F.) until firm.

Beat whites of eggs until stiff, fold in ¼ cup brown sugar. Add ½ teaspoon vanilla and pile on top of pudding. Return to oven for about 8 minutes until delicately browned.

MILFORD BANANA PUDDING

(*Bermuda*)

Peel and cut bananas very thin; put layer in bottom of well buttered baking dish; cover with layer of buttered and slightly sweetened grated bread crumbs. Continue in alternate layers of banana and bread until dish is nearly full.

Beat together

4 eggs
1½ cups milk
1 cup sugar
1 teaspoon vanilla

Pour over pudding and bake like a custard. Do not let it boil. Serve with sherry sauce, or cover with meringue made from whites of eggs.

AUNT LOU'S LEMON PUDDING

(*delicious!*)

4 eggs, reserving whites of 2
1½ cups granulated sugar
2 cups sweet milk
2 tablespoons flour
2 tablespoons butter
grated rind of 1 lemon
juice of 2 lemons

Mix eggs (4 yolks, 2 whites), juice of 2 and grated rind of 1 lemon, sugar, and melted butter; smooth the flour with 2 tablespoons of the milk; gradually add remainder of the milk, and pour on ingredients already mixed; beat lightly and pour into well buttered pudding dish. Bake for ½ hour in moderate oven.

Meringue for Top

Beat whites of the 2 eggs until stiff and light, but not too dry; add, gradually, 2 tablespoons of sugar. Flavor with extract or juice of lemon with some of the grated rind; pile on top of pudding, and brown delicately in oven. Serve warm.

PRUNE SOUFFLÉ

(*for 8 persons*)

1 cup stewed prunes, well sweetened
2 tablespoons juice
whites of 9 eggs

Beat the eggs very light; chop prunes very fine and add them with the juice to the beaten eggs. Pour the mixture into a well buttered baking dish. Sprinkle top with granulated sugar and bake in a moderate oven for 25 minutes. Serve with cream. One half this recipe will serve 4 people.

GRANDMOTHER'S BAKED INDIAN MEAL PUDDING

(*with beef suet*)

Scald 1 pint of milk, remove from fire, and stir in 1 *large* teacup of Indian meal, 1 cup of finely chopped beef suet, ½ cup of white flour, ½ cup of molasses, ½ cup of brown sugar, 1 teaspoon each of salt, ginger, and cinnamon. Turn into well buttered baking dish (earthenware preferred), stir in 3 cups of cold milk, and bake in moderate heat for 2 hours. Stir gently from bottom once or twice after pudding is in oven. Serve with maple cream or hard sauce. Flour the suet and it will chop more easily.

INDIAN MEAL PUDDING

(*without suet*)

1 quart milk
¾ cup yellow corn meal
¼ cup flour (both measured after sifting)
¼ cup brown sugar
1 cup dark molasses
1 teaspoon salt
1 teaspoon ginger
1 teaspoon cinnamon
1 egg
2 tablespoons butter

Scald milk, sift in corn meal slowly, add salt and butter, and let stand for 20 minutes, then add egg, well beaten, and the other ingredients. Pour into buttered pudding dish and bake from 1½ to 2 hours in moderate oven, 3 hours in fireless cooker. Serve with shaved maple sugar and whipped cream or *à la mode* with vanilla ice cream.

STRAWBERRY SHORTCAKE

For the cake, use either the tea biscuit or butter scone recipe given in the directions for making bread. Roll out in two layers nearly ¾ inch thick. Spread one with soft butter, place other on top. Cut into individual cakes with biscuit cutter, or bake as one in layer cake tin, square or round. Bake in hot oven 20 minutes. When ready to fill, split cakes in half. Dip lightly in melted butter.

Have prepared fine berries, washed before hulling, and well drained. Reserve the finest fruit, whole, for the top of shortcakes; divide remainder into 2 parts. Cut 1 portion of berries in half and sprinkle with sugar, to spread between short cakes.

Crush remaining berries, add an equal measure of sugar, heat, not boil; stir well, and strain. Serve with both the cream and the strawberry juice. Peach or other fruit shortcakes may be made in the same way.

BLACKBERRY ROLL

3 cups flour
6 level teaspoons baking powder
¾ teaspoon salt
¼ cup sugar
3 tablespoons shortening
1 cup milk
3 cups blackberries

Sift dry ingredients; cut in shortening with knife, add milk gradually, mixing in with knife. Toss on floured board, pat and roll out. Then sift ½ cup sugar with 1 tablespoon flour and mix well with berries. Sprinkle them over dough and roll like a jelly roll; cover closely and steam for 1 hour and 25 minutes. Serve with

Blackberry Sauce

1 cup blackberries
½ cup water
½ cup sugar
2 tablespoons lemon juice

Cook blackberries, water, and sugar together until berries are soft. Add lemon juice and put through sieve.

SQUASH OR PUMPKIN PUDDING

(*from an old American cookbook now out of print*)

1 pint milk
1 large coffee cup strained and pulped pumpkin or Hubbard squash

2 eggs
3 large spoons brown sugar
1 large spoon butter
1 small teaspoon cinnamon
½ teaspoon ginger
a little salt
dash of nutmeg

Stir the cinnamon and ginger into the squash, because if they are added after the milk, they will float dry on the top; add salt, then the eggs beaten with sugar; boil the milk and melt the butter in it, and add it slowly to the other ingredients, stirring fast meantime.

Butter a cold dish with cold butter, and sprinkle the bottom and sides with sifted cracker; pour in the mixture, grate nutmeg over the top, then sprinkle it with pounded cracker; sift white sugar over it and bake 40 minutes.

FRENCH APPLE CHARLOTTE

(delicate and delicious!)

9 apples of good flavor (more if they are small)
1 lemon
¼ cup water
2 tablespoons butter
¾ cup sugar
bread

Wash, core, and slice apples without peeling. Put them into a saucepan with grated rind and juice of 1 lemon. Add sugar and water. Cover and cook until apples are soft. Stir occasionally, then rub through sieve and add butter. Trim all crust from bread; cut enough in slices the thickness of a silver dollar to line a plain quart mold. Butter mold well, fit

slices of bread into it, overlapping them, so that there are no spaces between slices. Brush thickly with melted butter, dredge with sugar, and fill with sifted apple. Cover with thin slices of bread dipped in butter, sprinkle top with sugar, and bake ¾ of an hour in a very hot oven. Invert on serving dish. Serve with cream, plain or whipped. If there is not enough of the sifted apple to fill mold, apricot jam may be used for the purpose.

APPLE CUSTARD

4 large apples
4 tablespoons sugar
1 saltspoon salt
1 tablespoon butter
½ pint milk (1 cup)
4 eggs, yolks and whites separated

Core apples and bake until tender. Scoop out the flesh while hot. Add sugar, butter, milk, and beaten yolks of eggs, beating well as each ingredient is added. Turn mixture into baking dish and bake slowly for 25 minutes. Beat whites of eggs to froth. Add 1 tablespoon powdered sugar. Heap meringue over custard and brown in oven. Serve cool, with cream flavored with cinnamon, nutmeg, or lemon.

BIRDS' NEST PUDDING

Pare, core, and quarter enough juicy apples to fill a deep earthenware pie plate, buttered; sprinkle with sugar and ½ teaspoon salt; cover with a rich biscuit or butter scone dough; bake in oven for ½ to ¾ of an hour; then invert on hot plate; dot thickly with butter and sugar; sprinkle lightly with cinnamon; replace in oven until butter melts; serve with hard sauce.

CUP CUSTARDS

5 eggs
1 quart milk
¾ cup sugar
⅛ teaspoon nutmeg
¼ teaspoon salt

Scald milk and stir in sugar while it cools a little. Beat egg yolks until they are creamy, add salt, nutmeg, and whites of eggs, beaten until they are foamy. Beat all into milk, being sure that the sugar is dissolved. Rinse custard cups in cold water and fill so that they almost overflow. Stand cups in shallow pan filled with warm water. Bake until, when tested with the tip of a knife, it comes out clean, not milky. Do not bake too long, nor in too hot an oven.

BLANC MANGE

(*as made by a Sicilian cook*)

Make a rather thick blanc mange from cornstarch using

1 pint milk
2 level tablespoons cornstarch
3 tablespoons sugar
2 eggs
1 teaspoon vanilla
½ teaspoon lemon extract
½ teaspoon salt

Dissolve the cornstarch in a little of the cold milk; stir the sugar into the remainder of the milk and place over the fire in top of double boiler. When it begins to boil, add the dissolved cornstarch; stir constantly for a few minutes until the mixture is thick and smooth, then cook for 10 minutes over hot water. Stir in beaten eggs and let remain on the fire

a little longer to cook the eggs. Remove from fire, flavor, and pour into a pan that will give a layer of blanc mange 1¼ inches thick. When cold, cut in pieces 2 by 3 inches, dip in beaten eggs, then in fine cracker or bread crumbs, and fry in very hot butter on both sides. Dust with powdered sugar and cinnamon mixed. Serve very hot.

FRENCH CUSTARDS

Beat the yolks of 5 eggs with 1 cup of granulated sugar until creamy; then add 1 pint of thin cream, well stirred in, and 1 teaspoon of vanilla extract.

Rinse individual molds with cold water, pour the mixture in them, and place in pan of warm water to about half the height of the mold. Bake in moderate oven 30 minutes; do not allow custard to boil. When cool, turn out on dessert plates and serve plain or with caramel sauce.

ZAMPAGLIONE

Zampaglione is made with eggs, white wine, and sugar, and served as a dessert or as a rich sauce for puddings. Many years ago in Italy, the author's cook, Francesco, gave her the following directions for making it. With many excited gestures from him and diligent searching of the dictionary—Italian-English—by her, they arrived. First: "Any wine—any wine—Capri—Marsala—Madeira!" For each yolk of egg allow 20 grams (2 tablespoons) of powdered sugar and 2 tablespoons of wine. Beat them together until very light and creamy. Add the wine and beat well again. Place over a very slow fire and continue beating until it is cooked.

"Ma!—Signora—if it should boil!!! Ah poor

Zampaglione!"—(with a gesture of utter desolation as he said it).

A teaspoon or two of cognac would make it *piu spiritoso!* of course. Zampaglione may also be made by pouring the hot wine over the very well beaten eggs and sugar, and served without further cooking. *Marrons glacés*, broken in fairly small pieces, may be added. Serve in long-stemmed glasses with small lady fingers.

SWEET RICE À LA PORTUGAISE

(*aroce doce—very delicious!*)

Wash and dry ¾ cup of head rice. Cook in double boiler for 40 minutes with 1 quart of rich milk. Stir occasionally for the first half of time and then stir in ¾ cup of sugar, ½ teaspoon of salt, and ½ cup of almonds, blanched and ground. Cook until rice is very well done and creamy. Flavor with ¼ teaspoon each of vanilla, lemon, and orange flower water. Serve warm or cold, with cream only or with compôte of fruit.

APPLE AND RICE PUDDING

4 large apples
¼ cup rice
4 tablespoons orange marmalade
¼ teaspoon nutmeg
¼ teaspoon salt
3 tablespoons sugar
2 tablespoons butter

Peel and core apples, and cut into slices. Dissolve sugar in enough water to fill saucepan to half the depth of apples. Cover and let cook until they are

very tender and the water nearly absorbed. Add the butter cut in small pieces and the nutmeg.

Wash and cook the rice until tender in boiling salted water or milk, and steam almost dry. Butter a mold, sprinkle the bottom and sides with brown sugar. Line with rice and fill the center with apples. Spread the marmalade over the apples and cover with a layer of rice. Bake in moderate oven for about 25 minutes. Cool and turn from mold. Serve with sweetened whipped cream.

LEMON AND RICE PUDDING

½ cup head rice
1 quart milk
¼ pint cream
grated rind of 2 lemons
1 cup sugar
1 tablespoon butter
3 eggs
½ teaspoon orange flower water
½ teaspoon vanilla

Wash rice and put into double boiler with milk, sugar, salt, and grated rind of lemons. Let cook until rice is soft. Then add yolks of eggs, well beaten, butter, and flavoring. Remove from fire when eggs thicken and put into buttered baking dish. Bake for 10 minutes. Let cool, and cover with

Meringue

2 tablespoons powdered sugar
juice of lemon

Make meringue from whites of eggs and powdered sugar, flavor with the lemon juice, pile on rice, let color a delicate brown in oven. Serve warm or cool.

JELLIED BUTTERSCOTCH RICE PUDDING

⅓ cup of rice
3 cups of milk
1 cup of brown sugar
3 tablespoons coarsely ground almonds, blanched
½ envelope gelatine
½ tablespoon salt

Wash rice; scald 2 cups of milk in top of double boiler, add salt and rice, place over water, and cook until rice is nearly tender. Caramel the brown sugar with the butter until dark brown but not burnt. Add to rice with almonds, and cook until caramel is melted and rice very tender. Soak gelatine in ⅓ cup of water until soft, pour over it 1 cup of hot milk, stir until dissolved, and strain into the cooked rice. Turn into 1 large mold or individual molds, rinsed in cold water and sprinkled with *marrons glacés* (in vanilla) coarsely chopped. Serve plain or with cream or caramel sauce. If preferred, almonds may be omitted and 2 tablespoons of butter substituted.

RICE PUDDING
(*New Orleans*)

Boil ½ cup of rice in 1 pint of water until very tender and creamy. Add

1 cup milk
grated rind of 1 lemon
⅓ cup dried currants
sugar to taste

Let cook gently for 30 minutes. Then beat the yolk of 1 or 2 eggs in 1 spoon of milk and add to rice. Do not boil after adding egg to rice at boiling point, but only enough to let egg thicken like custard. Serve warm or cold.

BAKED APPLES

(with lemon and mint)

Core and pare the apples, fill centers with sugar, a little butter, a leaf or two of mint, and grating of lemon peel. Dust cinnamon and nutmeg sparingly over all. Pile in crock or casserole. Add ½ cup of water and bake. Serve cool with cream and sugar.

SICILIAN PANE DOLCE

Make a custard of 1½ cups milk, yolks of 3 eggs, ¼ cup sugar, and ½ saltspoon salt. Beat eggs, add sugar and salt. Heat milk and add slowly to the eggs, stirring constantly. Cook in double boiler, continuing to stir until mixture thickens and a coating is formed on the spoon. If cooked too long, the custard will curdle. Flavor with vanilla.

Cut slices of fresh bread ¾ inch thick, remove crust, and shape in regular pieces. Soak in cold custard and fry in butter. Serve hot with hard sauce.

PAIN PERDU

(entitled "Poor Knights of Windsor" in an old book of 1780)

Soak slices of stale bread ¾ inch thick in sweetened milk flavored with 1 cooking spoon brandy or sherry flavoring. Drain, and when ready to cook, dip and turn each slice in beaten egg. Fry in hot butter, brown well on both sides. Sprinkle with powdered sugar and serve hot.

BUTTERSCOTCH CORNSTARCH PUDDING

¾ cup brown sugar
2 tablespoons butter
2 cups milk

Put butter and sugar in top of double boiler. Stir over fire until it boils. Let boil 1 minute. Do not let it burn. The sugar should be only slightly caramelized. Add milk and place over hot water. When milk is scalded add to it 1/4 cup cornstarch mixed with 1/4 teaspoon salt in 1/4 cup cold milk.

Stir constantly until the mixture thickens, then cook slowly for 15 minutes, stirring occasionally. Add at the last 1 egg well beaten and 1 teaspoon vanilla. Serve hot or cold with butterscotch sauce.

CARAMEL TAPIOCA CREAM

3/4 cup brown sugar
2 tablespoons butter
2 cups milk
2 tablespoons minute tapioca

Put butter and sugar in top of double boiler. Stir over the fire until it boils. Let boil 1 minute. Do not let it burn. The sugar should be only slightly caramelized. Add 1 3/4 tablespoons minute tapioca, softened in the milk. When tapioca is clear, pour on to 2 egg yolks mixed with 1/4 teaspoon salt. Return to double boiler and stir constantly until thickened. Remove from fire and pour mixture over 2 egg whites beaten stiff with 1/4 cup brown sugar. Stir and add 1 teaspoon vanilla when slightly cool.

TOFFEE TAPIOCA

1 cup whole pearl tapioca
2 cups light brown sugar
1 teaspoon vanilla
1/4 teaspoon salt

Rinse and soak pearl tapioca overnight well covered with water. In the morning add sugar, salt, and

vanilla. Cook well covered in double cooker in oven or on top of range until tapioca is clear and pudding is rather dry. Serve warm or cool with whipped cream.

APRICOT TAPIOCA

⅓ cup minute tapioca
2 cups water
¾ cup sugar
2 tablespoons lemon juice
3 cups tinned apricots

Cook tapioca in the water for 10 minutes, add sugar, and cook until clear. Let cool slightly. Add lemon juice and pour over apricots cut in quarters. Chill well and serve topped with whipped cream flavored slightly with orange flower water or chartreuse flavoring.

PRUNE WHIP

Wash and soak overnight 1 pound of prunes in water to cover. Stew them in same water until tender, stone, and add ½ cup of sugar to the pulp. Dissolve 1 packet of gelatine in ½ cup of cold water; add to prune pulp with juice of 1 lemon and 1 orange. Beat until foamy. Fold in beaten whites of 2 eggs; mold in individual molds. Serve topped with whipped cream.

CHILLED DATES WITH FRUIT JUICE

Two cups of juice from any canned fruits such as cherries, strawberries, raspberries, currants, or any left-over fruit juices may be combined to make up the quantity.

juice of 1 lemon
1 cup water
1 cup sugar (if juice is already sweet, omit sugar)
2 tablespoons gelatine dissolved in ½ cup cold water

Heat the juice with water and sugar; when clear, add dissolved gelatine and lemon juice. Stir well and set aside to cool, not chill. When it begins to set, stir in 1 heaping cup of dates, stoned and finely chopped. Mold in a ring mold, and chill. Turn out on dish. Fill center with whipped cream, flavor with orange flower water and vanilla, ½ teaspoon of each. Garnish with row of halved dates and sprinkle all with a few crushed cashew nuts.

STRAWBERRY BAVARIAN CREAM

(*delicious!*)

1 pint strawberry juice
½ box gelatine
½ cup cold water
1 cup powdered sugar
1 pint cream

Crush enough strawberries to make 1 pint of juice when pressed through a sieve. Cover the gelatine with water. Heat juice and stir sugar into it until it is dissolved. Add gelatine to juice and place pan in ice water. Stir constantly and when it begins to thicken, quickly turn in the cream, which has been whipped and drained. Mix thoroughly; turn into mold and chill. Any fruit juice may be used instead of the strawberry juice.

CARAMEL BAVARIAN CREAM

Beat 2 eggs and ¼ cup sugar together until creamy. Caramelize ½ cup granulated sugar, stir in ¼ cup

boiling water. Pour the boiling caramel over the eggs, stirring constantly until the egg is cooked, but do not let it boil. Remove from fire and add 1 tablespoon gelatine soaked in 3 tablespoons cold water. When the mixture begins to congeal, fold in 1½ cups cream beaten stiff and 1 teaspoon vanilla. Turn into mold and place on ice. Turn out on chilled dish, pour over a rich caramel sauce, and sprinkle with burnt almonds or cashew nuts.

Bavarian creams, being composed largely of cream, are heat and energy foods. Whatever the flavor, the essential ingredients are the same in all.

FRUIT BASKETS

(*a sweet with a whipped cream substitute*)

Make simple cakes well flavored and baked in small rather deep muffin pans. When cool, hollow out carefully and fill with the following mixture:

Beat to a stiff froth the whites of as many eggs as you will require to fill centers. Sweeten with confectioner's sugar, flavor with ½ teaspoon each of lemon, vanilla, and orange flower water. Then fold in a few spoonfuls of some rich preserve—minced candied fruit, preserved ginger, or *marrons glacés*. Moisten the inside of cake very lightly with orange juice and sherry flavoring; fill with mixture; place cherry or strawberry on top, and garnish with leaves cut from angelica. Bend thin strips of angelica as handles over tops of cakes. Place on paper doilies upon plates on which they are to be served.

WINE JELLY

Use 1 ounce (or ½ package) gelatine, soaked in a little warm water for 20 minutes, 1 pint boiling

water, 1 pint California muscatel wine, and ½ pint juice, made from 1 lemon, 2 oranges, rum or brandy, and *sloe gin* flavorings. Sweeten to taste and turn into molds. Serve very cold with whipped cream.

COFFEE PUDDING

(*a recipe from Holland*)

1 pint cream
½ pint milk
1 scant cup granulated sugar
3 even tablespoons gelatine
1 dessertspoon vanilla
1 cup strong coffee

Soak gelatine in milk 30 minutes, stir, put over fire, and bring *nearly* to the boiling point; do not boil; add sugar and coffee; stir well until sugar is dissolved; flavor with vanilla; pour through sieve into molds. When cold, turn into dish and serve with cream. This makes enough for 6 persons.

XI

PASTRIES AND PIES

GENERAL DIRECTIONS

Never stretch pastry when placing it in pie tin, or in putting on the upper crust. Always trim the edges off the pastry from the *under* side of tin, *never* from the top. An inch wide strip of thin muslin, wet in cold water and drawn about the edge of tin after the two layers of pastry are pinched together, will prevent juices from running out.

Fill the crust as full as the limit of the tin allows. Rather go pieless than serve a thin one. "Half a loaf is better than no bread" does not apply to pies.

PLAIN PASTE

1½ cups flour
½ cup lard
½ teaspoonful salt
¼ cup ice water

Sift flour into bowl and work in lard with tips of fingers, or cut with knife. Moisten to a dough with *ice* water. Toss on board dredged sparingly with flour, pat into shape, and roll out; turn the crust over and roll out again.

The pastry may be used at once; if not, fold in cheesecloth, put in covered tin, and keep in cold place, but never in direct contact with ice. Plain

paste requires a moderate oven. This is a simple paste, easily made.

PIE CRUST

(for one pie)

1 cup flour
½ cup lard (or ½ butter, ½ lard)
¼ cup ice water

PUMPKIN PIE

(old recipe)

1½ cups pumpkin, steamed and mashed
⅔ cup brown sugar
1 teaspoon cinnamon
½ teaspoon ginger
½ teaspoon salt
2 eggs
1½ cups milk
½ cup cream
2 tablespoons butter

Mix ingredients in order given and bake in 1 crust.

SQUASH PIE

(old recipe)

1 cup squash, steamed and mashed
1 cup cream or rich milk
1 cup brown sugar
2 eggs, slightly beaten
4 tablespoons brandy
½ teaspoon each cinnamon and nutmeg
¾ teaspoon each ginger and salt
¼ teaspoon mace

Line a deep pie plate with paste; fill, and bake in a moderate oven.

RICH MINCE MEAT
(old recipe)

1 beef tongue
1 lb. beef suet
1 lb. currants
1 lb. raisins
1¼ lbs. sugar
½ lb. citron (minced)
8 large apples
1 quart wine or boiled cider
salt, a nutmeg, cinnamon, cloves
juice and pulp of 1 lemon and rind chopped fine

Let the meat be chopped very fine, then add the apples and chop them very fine, too.

Put the sugar into the cider or wine and boil it up once so as to skim off the top; let it stand for a few minutes, and then pour it out into a pan containing all the other ingredients. Be careful in pouring it, not to disturb any sediment there may be from the sugar. Use loaf sugar if you choose.

MINCE PIE
(not so rich)

Chop the meat, apples, and suet separately, and then measure the ingredients thus:

3 bowls meat
3 bowls apples
1 bowl of suet
1 bowl citron, cut small
2 bowls raisins
4 bowls sugar
1 bowl molasses
1 bowl vinegar, or some kind of syrup (quince or peach) or wine, if you prefer

Add powdered clove, nutmeg, cinnamon, and salt to suit taste.

MINCE MEAT WITHOUT MEAT

(made from green tomatoes)

1 peck smooth green tomatoes, chopped fine and well drained
5 lbs. brown sugar
2 lbs. raisins
1 lb. currants
½ lb. chopped citron
2 tablespoons cinnamon
2 tablespoons cloves
1 tablespoon allspice
2 grated nutmegs

Boil 2 hours and, when nearly done, add 1 cup of vinegar or boiled cider and 1 teaspoon salt. A half peck of chopped apples may be added to this recipe.

JAM FINGERS

Roll a rich pastry thin; spread with raspberry jam. Turn another thin piece of pastry over that and cut into strips 1 inch wide and 3 inches long. Bake slowly until a light brown.

BANBURY TARTS

1 cup raisins chopped fine
1 large apple chopped fine
juice and grated rind of 1 lemon
¾ cup sugar
1 egg

Put all in a small stewpan and cook slowly 15 minutes. Let cool; roll out circular pieces of rich pastry 4 inches in diameter; put 1 heaping tablespoon

of mixture on side and fold other side over, pinch edges together, make small incisions in top, and bake in quick oven.

APPLE PIE

Peel, core, and slice tart cooking apples. Sift together

½ teaspoon salt
1 level teaspoon powdered cinnamon
¾ cup sugar
1 tablespoon flour

Toss apples in seasonings. Fill lower crust and dot over top with bits of butter. Place upper crust, pinch edges, bind with wet muslin strip, and bake in a moderate oven for nearly 1 hour.

BUTTERSCOTCH PIE

Cook in a double boiler, stirring constantly, the following ingredients except the vanilla.

2½ cups milk
1½ cups brown sugar
3 tablespoons butter
yolks of 3 eggs, well beaten
3 tablespoons flour stirred smooth with a little milk
¼ teaspoon salt
2 teaspoons vanilla

When thick, add vanilla, cool, and pour into pastry shell baked on inverted pie tin. Cover with meringue made from whites of eggs and powdered sugar and brown in oven.

FRUIT PIE

(*rhubarb, blueberry, blackberry, cherry*)

Any pie made from berries or small juicy fruit may be made by following the apple pie recipe, omitting the spice, and flouring the fruit well before putting it in the crust. Bind the pies with muslin as directed at heading of chapter. An additional half cup or more of sugar is required for rhubarb pie.

FILLING CREAM FOR LEMON MERINGUE

(*not merely lemon flavored blanc mange*)

Sift 1 rounded tablespoon of flour with 1 cup of sugar. Mix with

1 tablespoon butter
1½ lemons, juice and grated rind
2 eggs, reserving white of 1 for meringue
1 cup hot water

Cook in double boiler. Bake in tin a little deeper than the usual pie tin. When baked, whip white of egg to light (not dry) froth. Fold in 3 tablespoons of granulated sugar. Pile lightly on top of tart. Brown in oven. Serve warm, not hot.

LEMON PIE

1½ lemons
2 eggs
1 cup sugar
⅔ cup milk
1 tablespoon flour
1 tablespoon butter

Cream butter and sugar, add lemon juice and grated peel, flour, and beaten yolks of eggs. Beat

whites stiff and stir into milk, then beat into the other ingredients. This makes a meringue without a separate process. Bake until firm in the middle like a custard.

MRS. W.'S RHUBARB TART

1¼ cups sugar
1 tablespoon water

Let dissolve and, when boiled to clear syrup, add enough rhubarb to fill crust, and cook slowly until rhubarb is clear. Fill crust, cover with strips of pastry, and bake until crust is done.

DRIED APPLE TART

(an old New England tart)

Wash the dried apples, boil until soft, and rub through sieve. Sweeten to taste and stir in 1 tablespoon butter while hot. Season with dash of salt and powdered cinnamon or nutmeg. Fill crust and cover with strips of pastry. Bake in moderate oven for ½ hour.

XII

BEVERAGES

COFFEE

Coffee lovers are ever on the hunt for the perfect cup of coffee, and it is found that perfection is easily attained in this, as in other departments of cookery, with the exercise of care.

To make good coffee, two things beside the ingredients are essential—a perfectly clean coffee pot and fresh, actively boiling water. After trying many patent utensils, even bringing pots from Germany and France, dripping the coffee, making it with egg stirred in cold water and brought to the boiling point, making it in bags of cheesecloth, etc., the conclusion is reached that very good coffee, retaining its delicious aroma, is secured by a very simple process.

BREAKFAST COFFEE

Boil as many cups of water as you wish of coffee, and add 1 "for the pot." When the water boils, put in 1 level tablespoonful of finely ground pulverized coffee, or 1 slightly rounded tablespoonful of coarsely ground coffee, for each cup of water, adding 3 for the pot. Stir in quickly; let boil up well *just once*. Lift from fire and place on top of teakettle and let it *ripen* from 5 to 10 minutes. Tuck a piece of clean cheesecloth, or paper, in the nose of the pot while the coffee ripens.

Coffee made in this way does not seem dependent for its flavor upon the kind of pot used; granite ware, aluminum, or even the old common tin pot turns out equally good coffee. It should be served as soon as ripened.

AFTER DINNER COFFEE

The process is the same as for breakfast coffee, but the water should be measured in demi-tasses, and the amount of coffee should be 1 rounded *teaspoon* for each cup and 4 for the pot. Let ripen and serve very hot.

TURKISH COFFEE

(*as made by the Turkish servant of a gentleman for many years in the diplomatic service of that country*)

The utensils and the process of making Turkish coffee are quite fascinating. The proportions of ingredients are 1 demi-tasse of fresh water (4 for the pot) and 1 teaspoon of crystal sugar for each person to be served. Stir until sugar is dissolved and water *actively* boiling. Then stir in quickly 1 tablespoon of finely pulverized coffee for each cup of water. When the boiling point is nearly reached again, remove *instantly* from heat. Skim off the froth quickly by spoonfuls, putting equal portions in each cup. When the top is clear fill each cup carefully with the liquid coffee.

We are all familiar with the Turkish coffee sets with their fragile cups set in metal cases, and the pots resembling long-handled measures. Monsieur St. J.'s were of plain beaten silver with the owner's crest engraved on the tray and on each piece of the set. The only remark made during

the author's interested observation of the process was: "*Il faut qu'il tache la tasse, madame.*"

TEA

To make good tea the requirements are a dry, clean, hot teapot—china preferred—fresh, actively boiling water, 1 teaspoon of tea to each cup and 2 for the pot. Serve with sliced orange or lemon, or thin cream. Rock candy crystals, instead of the tablet sugar, are delicate to sweeten tea.

A Russian friend once asked us to try a spoonful of black currant jam and a dash of rum in the overland tea he had given us. It is delicious, the musky taste of the black currants giving a subtle and delightful flavor to the cup. Rum flavoring (nonalcoholic) may be bought in countries wherein prohibition is the law.

If perfumed tea is liked, a fresh vanilla bean or a bit of orange peel kept in the tea caddy imparts a delicate flavor. Jasmine flower tea from the Orient is delicious, but should be served plain or with crystal sugar only.

There are many delicious things to serve with tea, but nothing is more so than the thin bread and butter cut to perfection as in England. To those inexperienced in the art of cutting bread in wafer-like slices, it is recommended that they keep their eye fixed on the crust after the knife is placed. "Keep your eye on the ball and follow through" as good golfers do.

One winter in Rome in the late 'eighties, we formed the old British habit of drinking tea at ten o'clock in the evening. The friend who introduced us to the custom was an Englishwoman, lady-in-waiting at the last royal court of France, and widow of the French Conte de la M———.

The late tea hour was popular with many that winter. As one sat in the great salon, with its exquisitely painted ceiling and walls, the firelight playing over the polished floors and delightful furnishings, the tea wagon with its perfect appointments, steaming kettle, thin bread, and little pats of butter stamped with Romulus and Remus and the Mother Wolf, would roll in, propelled by the most solemn of butlers. Beside the fire was hung a long-jointed toasting fork, and all were privileged to make their own crisp toast when and how they pleased.

One wishes tea could become an institution in these United States. An afternoon tea service, for example, like the towel service for offices, to refresh the T.B.M. Can one imagine it in Wall Street! I doubt if any of us could feel the nostalgia for the tea hour expressed in these lines written during the Great War.

AN ENGLISHMAN'S CUP

Tea and the fire, low laughter
  And faces lightly kind;
Their cheer of old, hereafter,
  Shall I, returning, find?

Forget, through white thorn alleys
  Or lanes, thin veiled with snow,
These red, befouled French valleys,
  Shall I go back to know?

Light laughter, toast and fireside,
  And eyes, half kind, half cold.
Homeward across the shire ride
  At tea-time as of old?

CHOCOLATE

CLERMONT BERMUDA

Use 6 squares of unsweetened chocolate (grated or shaved and melted over hot water), 5 cups of milk, few grains of salt, thin peel of 1 lemon, and 3/4 cup of sugar.

Heat milk in double boiler, add sugar, salt, and chocolate, let scald well, and beat briskly with egg beater. Place over water, add lemon peel, and cook for 20 minutes, beating often. More or less sugar and chocolate may be used, according to taste. Add teaspoon of vanilla and ½ cup of cream just before serving, and beat in well.

With chocolate serve very thin bread and butter sandwiches, cut in finger lengths. In Vienna, *brioche* is served with chocolate. In Berlin, one receives *Kaffe Küchen;* in Rome, Queen Margherita biscuits, and in some places in France, pulled bread.

CHOCOLATE ESPAGNOLE

(*from Don Santiago Refeto y Gianora, Cadiz, Spain*)

For 6 cups of the average size used 4 small squares of bitter chocolate, melted with ½ cup of warm water. Add sugar to taste, and 5 cups of boiling milk, poured slowly on the melted chocolate. Beat while pouring in the hot milk. Set over low fire for 5 minutes. Beat separately the yolks and whites of 2 eggs; then beat them together. Take chocolate off the fire and beat in the egg. Add a sprinkle of powdered cinnamon to each cup as it is served.

SOUTH AMERICAN CHOCOLATE

Melt ¼ pound of chocolate over hot water (either vanilla sweet chocolate, or unsweetened chocolate, with sugar and vanilla added to taste, may be used). Boil with ½ cup strong hot coffee 1 minute, stirring constantly. Add 3 cups scalded milk, beat until a thick froth forms on top, then cook over hot water for 10 minutes. Serve topped with whipped cream, sweet-

ened slightly and flavored with vanilla. This recipe makes 4 cups of chocolate.

CUPS AND PUNCHES

Save any juices that may be left from freshly stewed or preserved fruits for fruit punches and cocktails. A very little lemon extract added to lemonade improves the flavor. If a simple syrup is made, cooled, and kept in glass jars in readiness for lemonade and fruit punches it will be found a saving of time, labor, and sugar.

TEA AND BLACK CURRANT CUP

1 quart tea infusion
1 cup heavy syrup
1 cup black currant juice, jelly, or jam

If jam is used, strain. Add dash of rum flavoring. Pour over cracked ice.

GINGER ALE AND RED GRAPE JUICE

Fill tall glasses ½ or ¾ full of cracked ice and fill with mixture of ½ ginger ale and ½ red grape juice. Place a sprig of mint in each glass.

MINT PUNCH

Chop and crush the leaves of a dozen large sprigs of mint, with ½ cup of sugar and juice of 2 lemons. Let stand 2 hours, stirring occasionally. Make a syrup of ¾ cup of sugar and 1 pint of water; chill; add juice of 1 orange and prepared mint. Strain over shaved ice with two bottles of ginger ale, slices of lemon, and small mint leaves.

MINT AND GINGER ALE

Crush bunch of fresh mint, add juice of 3 lemons, grated rind of 1, 1½ cups of heavy syrup, made from granulated sugar, and 4 whole cloves; cover and let stand in ice box to chill. Strain and half fill glasses of shaved or cracked ice. Put a bit of lemon and sprig of mint in each glass and fill with ginger ale.

HOT TEA PUNCH

Use equal parts of tea and red wine (Burgundy preferred). For a punch for 12 persons allow

2 quarts wine
2 quarts tea infusion
1 pint arrack or rum (arrack preferred)
1 scant lb. sugar
2 lemons cut in slices
6 whole cloves
piece of stick cinnamon, broken

First make tea. Add wine and sugar, slice lemons, and let them remain in punch about 25 minutes. Take out and squeeze in the juice. Add spices and let mixture heat over very low fire. It must not boil; when hot, pour arrack or rum over red hot iron into punch; a small well washed range lid will serve for this purpose. The nonalcoholic arrack now makes the last process unnecessary.

This recipe was that of a noted crack Bavarian regiment in the reign of Ludwig, the mad King.

CARDINAL PUNCH

This may be served as a beverage or frozen punch.

4 cups water
2 cups sugar
juice of 12 oranges for liquid punch
⅔ cup orange juice for frozen punch
⅓ cup lemon juice for frozen punch
¼ cup brandy flavoring
¼ cup curaçao
¼ cup tea infusion
1 teaspoon orange flower water

Serve as beverage, or freeze as follows: Make syrup of water and sugar. Add fruit juice and tea, and freeze to mush-like consistency. Add strong flavorings and continue freezing.

STRAWBERRY PUNCH

1 bottle of ginger ale
2 quarts strawberries
2 lbs. sugar
juice of 2 oranges
juice of 1 lemon
whites of 2 eggs

Crush the berries with the sugar; let stand 2 hours; strain through a cloth; add orange and lemon juice and let stand on ice until wanted; then add an equal measure of ice water, the ginger ale, and whites of eggs, beaten stiff. Place in punch bowl with large piece of ice. Serve in tall glasses.

FRUIT PUNCH

(for 40 persons)

2 cups water
6 cups sugar
2 cups strong tea infusion
2 cups strawberry syrup

1 cup lemon juice with grated rind of lemons
2 cups orange juice with grated rind of oranges
2 cups grated pineapple
1 cup maraschino cherries and juice
1 bottle apollinaris
1 bottle ginger ale

Boil water and sugar to a syrup. Cool. Add all the other ingredients excepting the apollinaris, ginger ale, and cherries. Let stand 1 hour. Strain and add ice water to make 2 gallons of liquid. Add the other ingredients and serve in a punch bowl with large piece if ice.

XIII

SANDWICHES

A Few Suggestions

Spread Chinese preserved ginger chopped with the same quantity of pecan or cashew nuts, and Philadelphia cream cheese moistened with 1 tablespoon of cream and 2 saltspoons of salt between slices of white bread.

Mix a Philadelphia cream or Neufchatel cheese with 3 large tablespoons of gooseberry preserve and ½ teaspoon of salt. Spread between slices of white bread.

Bar-le-Duc currants may be used in the same way, but need a tiny dash of lime juice.

BENGAL SANDWICHES

Rub together until smooth

yolks of 4 hard-boiled eggs
2 tablespoons butter

Then add

½ tablespoon curry powder
1 tablespoon tarragon vinegar
2 tablespoons bread crumbs
1 teaspoon anchovy essence
½ teaspoon salt

Spread between slices of brown bread and cut in

finger strips. Cress may be added to this combination.

CHICKEN AND MANGO SANDWICHES

Spread thin slices of bread with mustard flavored butter (made by working a little dry mustard into butter). Upon this, place thin slices of preserved mango, or other chutney, on top of which spread a layer of pâté de foie gras and chicken purée. To make the latter, take equal quantities of cold chicken and foie gras. Put chicken through finest mincer, mix with foie gras and mayonnaise. Put between slices of white bread. Cut in triangles or finger strips.

CAVIARE SANDWICHES

In making these, always blend the caviare with mayonnaise to which a few drops of onion and lemon juice have been added.

DELICIOUS SANDWICH FILLING

1 large Philadelphia cream cheese
1 tablespoon butter
1 tablespoon grated onion
1 heaping teaspoon French mustard
1 level tablespoon anchovy paste
1 level teaspoon paprika
1 level teaspoon powdered caraway seed

Any chemist will powder caraway seed. Blend all well, and spread on thinly sliced white or brown bread for sandwiches. These sandwiches are excellent with a salad for a late supper.

The filling may be used for canapés, spread on toasted bread. Place a thin slice of tomato on top

covered lightly with mayonnaise; garnish with minced tarragon leaves and slices of pimiento olives.

OLIVE SANDWICHES

Chop pitted olives rather finely; add ½ teaspoon of onion juice and dash of paprika; mix with heavy mayonnaise that has been made with tarragon vinegar.

If chives and fresh tarragon leaves are at hand, mince and use them instead of the onion juice, making the mayonnaise with lemon juice instead of tarragon vinegar.

NUT AND RAISIN SANDWICHES

1 cup English walnut meats
¾ cup seeded raisins
2 tablespoons heavy cream
¼ teaspoon salt
1 tablespoon lemon juice

Put nuts and raisins through the food chopper and mix with cream. Add lemon juice with a little mayonnaise to make the paste smooth enongh to spread on thinly buttered white bread. Put crisp lettuce leaf between. Cut in triangles.

CHICKEN AND ALMOND SANDWICHES

Put ½ cup blanched almonds and ½ cup breast of chicken through food chopper. Moisten with thick cream. Season with salt and pepper. Spread between slices of white bread.

CUCUMBER SANDWICHES

Peel and slice cucumbers. Chill on ice until crisp.

Spread thin slices of bread with thick mayonnaise flavored with few drops of onion juice or minced chives. Put cucumbers evenly between slices of bread. Cut in triangles.

TOASTED CHEESE SANDWICHES

Spread thin slices of bread with pimiento cheese, rubbed smooth and seasoned with a little finely chopped green pepper. Cover with thin slices of bread, toast on both sides, and cut in finger strips.

XIV

CAKE

GENERAL DIRECTIONS

Before putting the cake together, *BE SURE:*

(1) That all ingredients are at hand.
(2) That all utensils are at hand and clean.
(3) That the mixing table is clear.
(4) That the baking tins are all buttered and floured.

Note that the butter is soft, but not melted.

Note that the oven will be of right temperature when cake is mixed.

Beat butter to a cream *before* adding the sugar; this makes easier the process of creaming butter and sugar.

Measure flour, sugar, milk, and baking powder.

Add about ⅓ of a cup from the amount of flour to be used to the creamed butter and sugar. This gives a smooth batter when liquid is added.

Sift baking powder with remainder of flour.

Separate whites and yolks of eggs if recipe so directs.

All these preparations sound formidable, but they will seem so only for the first time. One instinctively merges one process into the next and soon becomes expert in simplifying.

If a cake sticks to the tin, steam the bottom of the

tin for a moment or two with a dampened cloth or over a kettle of hot water. Small cakes, or layer cakes, are more economical than loaf cakes, as they bake in from 20 to 30 minutes as against 40 to 60 for loaf cakes.

The sour milk or cream required in many of the recipes may be easily secured by keeping whatever may be left of the day's supply in a covered jar in a warm, not hot, place in the kitchen.

WHITE CAKE

whites of 5 eggs
½ cup butter
1 cup powdered sugar
1 cup granulated sugar
2 cups sifted flour
1 tablespoon vanilla, or other flavoring
2 teaspoons baking powder
¾ cup sweet milk

Beat sugar and butter to a cream. Add ½ cup flour and work until smooth, then add the milk and mix well; add whites of eggs, beaten until light, *but not too stiff*. Add the baking powder mixed with the remainder of the flour; put in flavoring, and beat well. Bake in buttered tins in layers, as individual cakes, or in a loaf.

SMALL CAKES

Filled individual cakes may be made by baking white cake mixture ½ inch thick, in a long pan. Cut cake in half, spread with any desired filling; cover with the other half. When cool, cut into squares, fingers, or triangles, and ice top and sides.

When making this cake one has left the yolks of

5 eggs (7 if the cake is iced with boiled icing), and for economy's sake something requiring yolks of eggs should be included in the menu of that day—French custards, béarnaise or hollandaise sauce, a golden cake, or any recipe requiring yolks only.

QUICK CAKE

(with chocolate filling)

1½ cups flour
1 cup sugar
pinch of salt
3 level teaspoons baking powder
2 eggs

Melt ½ cup of butter, drop into it the eggs, and fill the cup with milk. Beat well and add 1 teaspoon of vanilla. Turn into mixing bowl, add other ingredients, and beat all together for 3 minutes. Bake in 2 layers. Make the filling as follows:

2 squares unsweetened chocolate (melted)
¼ cup cream or evaporated milk
1 tablespoon melted butter
1 teaspoon vanilla

Add enough confectioner's sugar to make of right consistency and beat until creamy.

LADY BALTIMORE CAKE

Make white cake and bake in 3 layers. Fill and cover with the following icing:

2 cups sugar
1 cup water
2 egg whites
1 cup seeded raisins that have been soaked in brandy

1 cup ground almonds
½ cup finely chopped English walnut meats
1 teaspoon vanilla extract

Put sugar and water in saucepan and boil until it is clear and will "thread" quickly from spoon (238° F. by candy thermometer). Beat whites of eggs (with fork or whip on a large platter) to a light froth. Pour boiling syrup *very slowly* on the eggs, beating, not stirring, until nearly stiff enough to spread. Add flavoring, nuts, and raisins. Spread between layers and on top of cake.

CHOCOLATE ROLL

5 egg yolks
5 whites
5 tablespoons granulated sugar
5 tablespoons cocoa
1 teaspoon vanilla
1 tablespoon potato flour

Line a jelly cake pan with wax paper buttered. Beat whites stiff. Add cocoa, sugar, and vanilla. Last, add the beaten yolks. Bake 20 minutes in a slow oven. Turn out on a sheet of waxed paper. Cover with whipped cream beaten very stiff, flavored with vanilla, and sweetened with pulverized sugar. Roll carefully, using the wax paper as a help in rolling. Place on serving plate with edge down to keep roll in place. This should not stand very long before serving, although ½ an hour or so in the ice box does not harm it. It should not become soggy, and cream must be whipped dry.

The following sauce makes it especially good for dessert:

Chocolate Roll Sauce

1 square unsweetened chocolate
1 tablespoon melted butter
⅓ cup boiling water
1 cup sugar
1 teaspoon vanilla
1 teaspoon brandy flavoring

Melt the chocolate in a double boiler. Add the butter and when thoroughly blended, pour on, gradually, the boiling water, stirring constantly. Then add the sugar. Bring to the boiling point and cook 15 minutes without stirring. Cool and add flavoring. Keep warm in double boiler until served. The ingredients must be added as stated to insure a smooth sauce.

QUICK WHITE CAKE

¼ cup butter
1 cup sugar
½ cup milk
whites of 2 eggs
1½ level cups flour, measured after sifting
2 level teaspoons baking powder
¾ teaspoon each vanilla and lemon extract
pinch of salt

Cream butter and sugar, add eggs, slightly beaten, then the other ingredients, and beat well. Bake in layers or in small cakes. Ice, and fill with chocolate or any preferred icing.

OLD-FASHIONED SPICE CAKE NANTUCKET

½ cup butter
2 cups brown sugar
2 eggs
1 cup sour milk or cream

2 cups flour
¾ cup raisins
½ teaspoon ginger
½ teaspoon allspice
½ teaspoon cloves
1 teaspoon cinnamon
1 teaspoon soda
1 teaspoon lemon or orange extract

Bake in loaf, or in small cakes.

SOMERSET CAKE

½ lb. butter
½ lb. sugar
½ lb. flour
5 eggs
scant ½ cup raisins

Cream flour, sugar, and butter together; beat eggs in, one by one. Add raisins, floured lightly. Bake in a loaf in moderate oven.

OLD-FASHIONED SPONGE CAKE

Use the weight of the eggs in sugar and ½ their weight in flour. This enables one to make a cake of any size desired. The usual proportions for 1 loaf, by measure, are 4 large or 5 small eggs, 1 cup of fine granulated sugar, 1 cup sifted pastry flour, the grated rind and juice of ½ a lemon. Beat yolks until thick and very creamy. Add sugar and beat until light colored. Add lemon. Beat whites until stiff and nearly, *but not quite*, dry; fold them in with care so as not to break down the air cells. Sift in flour lightly, and fold over (not stir) until just barely covered in and mixed. Bake in moderate oven from 40 to 50 minutes.

The one who gave this as a contribution to the family book of recipes said, "One would go far to find a better sponge cake than this when properly made and baked."

NANTUCKET POTATO FLOUR SPONGE CAKE

6 eggs
8 tablespoons granulated sugar
3 tablespoons potato flour
grated rind of 1 lemon
1 tablespoon lemon juice
pinch of salt

Beat the yolks of the eggs and the sugar to a cream; add the lemon juice, beating well; add the potato flour and salt, then the whites, beaten stiff. Bake in a buttered tube cake pan 30 to 45 minutes, moderate oven at first.

DULUTH FAST MAIL NUT CAKE

whites of 4 eggs
½ cup butter
1½ cups sugar
¾ cup sweet milk
2 cups flour
1 large cup nuts, chopped fine (hickory nuts or black walnuts preferred)
1½ teaspoons baking powder
2 teaspoons vanilla or lemon extract

Mix as in general directions. When baked, cover with icing flavored with lemon or vanilla.

The author recalls a pleasant tea hour many years ago in a charming Duluth home "down on the New London Road" when this cake received its name. As we sat by the fire in the early dusk of that northern land, there rushed into view "the fast mail" from down the lake—the toboggan, the dogs, and the Indian runner in swift moving sil-

houette against the great frozen stretch of Lake Superior lying far below, while soft, lazy flakes of snow drifted down, white on white.

PRUNE CAKE

(*Los Angeles*)

1 cup prunes
½ cup butter
1 cup sugar
1 cup sour cream or milk
2 cups flour, measured after sifting
2 eggs
1 teaspoon soda
1 teaspoon nutmeg
1 teaspoon cinnamon
½ teaspoon allspice
1 teaspoon cloves
4 teaspoons chocolate or cocoa
1 teaspoon vanilla
2 teaspoons baking powder

Wash prunes and soak 1 hour in enough cold water to cover them; then boil until tender in water in which they are soaked; remove pits. If not soft enough, rub prunes through a purée sieve. Cream together the butter and sugar for 10 minutes. Add eggs, 1 at a time, and beat well. Mix the spices and chocolate and add to the mixture; then add the sour milk or cream, with the soda stirred in it. Add baking powder to flour and sift slowly into the mixture, beating well; last, add the vanilla. Bake in 3 layers in a moderate oven for 12 minutes, or until it begins to pull away from the sides of the pan. Fill between the layers, and cover with confectioner's icing, flavored with vanilla extract and lemon extract combined.

ENGLISH SEED CAKE

(for tea)

- ¾ cup butter
- 1¼ cups sugar
- 1 cup flour
- 1½ tablespoons caraway seed
- ⅔ cup sweet milk
- 4 eggs
- 1 teaspoon cream of tartar
- 1 scant teaspoon soda
- 1 teaspoon lemon extract

Cream butter; beat in sugar until very light. Beat eggs separately. Add yolks and soda to milk. Stir and add to mixture. Sift cream of tartar with flour. Add flour and whites of eggs alternately, then flavoring and caraway seeds. Bake in round loaf

FUDGE CAKE

(from the House of the Silver Door Latch, East Street)

- 4 eggs
- 5 oz. unsweetened chocolate
- 5 tablespoons boiling water
- 1½ cups sugar
- 1 teaspoon baking powder
- ½ cup butter
- ½ cup milk
- 1¾ cups flour, measured after sifting
- 1 teaspoon vanilla

Beat butter to a cream; add sugar; beat yolks of eggs; add to butter and sugar; beat again, add milk, mix thoroughly; add chocolate, dissolved in the boiling water, and then the flour.

Give the whole a vigorous beating; add whites of eggs, beaten to a stiff froth; stir into mixture; add

vanilla and bake in 2 layers, small cakes, or loaf, in a moderate oven. This recipe will make 1 loaf and 15 small cakes.

Fill and cover with chocolate made as follows:

2 oz. chocolate
½ cup cream or milk
1 teaspoon butter
yolk of 1 egg
2 cups confectioner's sugar
1 teaspoon vanilla

Put all the ingredients together in a double boiler; beat well until smooth and glossy; remove from fire and beat until ready to spread. One cup chopped walnuts added to this also makes a delicious filling.

SPICE CAKE

1 cup sugar
½ cup butter
1½ cups flour
1½ teaspoons baking powder
3 eggs
¼ cup milk
¼ cup water
1 level teaspoon cinnamon
¼ teaspoon cloves
1 teaspoon vanilla

Cream butter and sugar; add seasonings; beat in eggs, 1 at a time. When light, add liquids, and beat in flour sifted with baking powder.

FLAKE CAKE

2 cups flour
½ cup sugar
½ cup butter, or ¼ butter and ¼ lard, or Crisco
½ cup sour milk

yolks of 3 eggs
½ cup molasses
1 teaspoon soda
1 teaspoon powdered cloves

Cream butter and sugar; add eggs.

Dissolve the soda in a little tepid water, and beat ½ into the sour milk and ½ into the molasses. Add other ingredients. Bake in 3 layers. Fill with boiled icing, made from whites of 2 eggs and 2 cups of granulated sugar, or with confectioner's icing; with chopped raisins added, flavor with vanilla. This cake is excellent and very inexpensive.

GINGERBREAD

(*a pioneer recipe*)

1 cup sugar
1 cup butter
1 cup molasses
1 cup sour milk
½ teaspoon salt
2 eggs
2 level teaspoons soda
1 tablespoon ginger
4 cups flour, measured after sifting

Dissolve the soda in tepid water and beat it into the molasses. Mix the ingredients well; beat lightly; pour into buttered tin, and sprinkle top with granulated sugar. Bake in a quick oven.

Gingerbread is attractively served by baking in a square tin with large tube in center, or in a square rim mold. Turn out on a plate. Fill center with whipped cream with shaved maple sugar folded in it.

Or serve with sauce made from whipped cream and maple syrup (the syrup boiled down until very

thick, cooled, and added to the cream). This recipe fills an 8 inch square pan.

Finely shaved maple sugar added to whipped cream or marshmallow whip makes a delicious sauce for any corn bread or rice pudding.

NUT AND FRUIT GINGERBREAD

½ cup brown sugar
½ cup butter
1 cup molasses
1 cup boiling water
1 cup chopped walnut meats
2 cups flour
1 cup chopped seeded raisins
2 teaspoons baking powder
1 saltspoon salt
2 level teaspoons powdered ginger
2 level teaspoons cinnamon
2 eggs

Put molasses into a mixing bowl with butter and sugar; pour in the boiling water. Mix well, and let cool. Then add nuts, raisins, flour, sifted with the baking powder, spices, and salt. Beat eggs and add them; then turn into a well buttered and rather shallow pan. Bake in moderate oven for 40 minutes. Cool and cut in squares.

WEDDING FRUIT CAKE

1 lb. butter
1 lb. sugar
1 lb. flour, browned and sifted
12 eggs, beaten separately
5 lbs. seeded raisins
1½ lbs. shredded citron peel
1 glass grape jelly
1 lb. crystallized cherries

1 lb. crystallized diced pineapple
1 lb. blanched almonds, cut fine
1 lb. shelled pecans cut small
1 tablespoon powdered cinnamon
1 scant teaspoon grated nutmeg
½ teaspoon allspice
½ teaspoon powdered cloves
1 glass grape juice
2 teaspoons rose water
1 teaspoon orange flower water
2 teaspoons melted chocolate

Soak almonds overnight in rose and orange flower water, and fruit in the grape juice for same length of time; cream butter and sugar thoroughly; add well beaten yolks of eggs; then the spices, grape jelly, and chocolate; next add beaten whites of eggs and part of flour; roll fruit in rest of flour, mixing it with cake in small quantities at a time; add the nuts last; bake or steam the cake from 4 to 6 hours in small or large pans or molds; if steamed, bake in slow oven for 1 hour after steaming.

ALMOND AND COCOANUT FRUIT CAKE

1 cup butter
3 cups sugar
1 cup milk
½ cup brandy flavoring
½ cup orange juice
3½ cups flour
8 eggs
2 teaspoons baking powder
½ teaspoon grated nutmeg
½ teaspoon mace
¼ teaspoon salt
1 large cup fresh grated cocoanut (or tinned cocoanut, well drained)
1 lb. candied citron peel, finely shredded
¾ cup blanched almonds, chopped fine

Cream butter and sugar, add yolks of eggs, well beaten. Sift spices, salt, and baking powder with the flour. Add it with nuts and peel and beaten whites of eggs. Mix carefully. Bake in loaf in buttered and floured tin in moderate oven for 1¼ hours.

BERMUDA FRUIT CAKE

½ lb. butter
½ lb. sugar
½ lb. raisins
8 eggs
½ lb. flour
½ nutmeg
1 wineglass of brandy

Cream butter and sugar; then break in the eggs, 1 at a time, beating each well into the mixture until all are used. Use 2 tablespoons of flour to dredge the raisins, then add the rest of the flour, the raisins, and the flavoring. Bake from 1 to 1¼ hours in a moderate oven.

FRUIT CAKE

1 lb. granulated sugar or
1½ lbs. powdered sugar
1 lb. butter
1 lb. flour
2 lbs. seeded raisins, soaked in brandy flavoring
2 lbs. currants, washed and dried
½ lb. citron, well chopped
½ lb. blanched almonds, cut in small pieces
¼ oz. powdered cinnamon
¼ oz. mace
¼ oz. cloves
1½ grated nutmeg
12 eggs
grated rind of 1 orange and ½ lemon
rum, brandy, or wine flavoring to make 1 tumblerful

Cream the butter and sugar together; add the spices, the beaten yolks of eggs, alternating with the beaten whites; then the flour, fruit, etc.; lastly the brandy flavoring. If desired, orange juice may be added to the wine flavoring to make up the tumblerful of liquid. Bake in a moderate oven for 1¼ to 1½ hours. This is an old Virginia recipe and is very good.

WHITE FRUIT CAKE

2 lbs. Tokay raisins
½ lb. candied citron minced
½ lb. candied lemon peel minced
½ lb. candied orange peel minced
½ lb. candied pineapple
½ lb. blanched almonds, chopped
¾ lb. butter
¾ lb. sugar
8 eggs
3 cups flour
grated rind and juice of 1 lemon

Cream butter and sugar. Add eggs 1 at a time, beating each 1 in well, then the fruit and flour. Bake in a moderate oven for 1 to 1¼ hours.

NUT FRUIT CAKE

(*a Baltimore recipe*)

Cream

2 cups sugar
1 cup butter

Add

6 well beaten eggs
4 cups flour
1 cup cold water
1 cup hickory nuts and

½ lb. raisins, finely chopped and dredged with flour
1 teaspoon soda, dissolved in a little tepid water
2 teaspoons cream of tartar
1 grated nutmeg

Bake in loaf in moderate oven about 1¼ hours.

INDIVIDUAL CAKES, COOKIES, DOUGHNUTS

GENOESE CAKE

(*for small cakes*)

Use 3 eggs and the same weight of butter, sugar, and flour. Beat butter and sugar together until very light and creamy; add 1 saltspoon salt, ½ teaspoon vanilla, and 1 teaspoon brandy flavoring.

Add the eggs, 1 at a time, beating each well into the mixture before adding the next. Beat from 15 to 20 minutes after all the eggs are used; then stir in, lightly, the flour, well sifted; turn into a large buttered pan, that will just contain batter when spread ¾ inch thick.

Bake *slowly* about 40 minutes. If baked too fast this cake will be tough. Cut into small shapes and cover tops and sides with icing flavored with fruit juices, brandy, rum, kirsch, or vanilla flavorings. This recipe is well worth the trouble of making, as it has a delicious flavor and consistency.

ANNA'S RICE CAKES NANTUCKET

(*very delicate and delicious*)

1 cup butter
2 cups sugar
2¼ cups rice flour
6 eggs
juice and rind of 1 lemon

Beat the butter to a cream, then gradually beat in sugar, and add lemon. Beat yolks and whites separately and add them to the beaten sugar and butter; then add the rice flour.

Bake in a loaf or in gem tins in a moderate oven. Ice with lemon or vanilla flavored icing, with ½ teaspoon of bitter chocolate in center.

TEA CAKES

(*English recipe*)

4 cups pastry flour, measured after sifting
1 cup sugar
3 eggs, well beaten
1 cup currants
1 cup butter
1 teaspoon baking powder
1 oz. candied lemon peel, cut in small pieces
2 teaspoons caraway seed powdered or
1 oz. plain caraway seed

The caraway seed may be omitted if not desired. Wash the currants well, and dry by rubbing between clean cloths, then dredge lightly with flour. Cream butter and sugar together; add eggs; sift baking powder with flour; add currants and peel to mixture. Beat well; drop by spoonfuls on buttered pan; bake in moderate oven.

These are very delicious and keep well.

CRY BABIES

(*Los Angeles*)

2 eggs
1 cup molasses
1 cup brown sugar
1 cup of lard and butter mixed
1 level teaspoon ginger
1 level teaspoon cinnamon

Stir these ingredients together, add 2 level teaspoons soda and 1 cup hot coffee. Stir again and add 1 tablespoon vinegar, 1 saltspoon of salt, and 4½ cups flour.

Drop by spoonfuls on buttered tins and bake in moderate oven.

QUAKER OATS CRISPS

1 cup sugar
1 tablespoon butter
½ teaspoon salt
1 teaspoon vanilla
2½ cups dry rolled oats
1 teaspoon baking powder
2 eggs, yolks and whites beaten separately

Cream butter and sugar together; add egg yolks, mix thoroughly, add other ingredients, whites of eggs last. Beat well and drop in small spoonfuls on buttered tin; bake in a hot oven about 15 minutes.

SCOTCH MACAROONS

2½ cups Quaker oats
½ cup brown sugar
½ cup white sugar
1 tablespoon butter
2 eggs
1 teaspoon vanilla
2 level teaspoons baking powder

Cream butter, add sugar, vanilla, and beaten yolks of eggs, then the Quaker oats and baking powder; last, the whites of eggs. Drop in spoonfuls on buttered tins.

BERMUDA COOKIES

Mix 1 pound of butter, or ½ butter and ½ lard or Crisco, with 1 quart of sifted flour as for pie crust. Beat 4 eggs very light with 1½ cups of sugar. Dissolve 1 level teaspoon of soda in ½ cup of milk and add to eggs and sugar, after beating with flour and butter. Handle as little as possible. Roll out very lightly; sift granulated sugar on top; cut in shapes and bake.

CHOCOLATE COOKIES

¼ lb. grated chocolate
1 cup butter
2 eggs
½ teaspoon salt
3 cups flour
3 cups sugar
1 teaspoon soda
½ teaspoon baking powder
1 teaspoon cinnamon
½ cup milk

Put in as little flour as possible to make stiff enough to handle. Roll thin, cut in any desired shape, and bake in moderate oven.

PETTICOAT TAILS NO. 1

(for tea)

From an old cookbook printed in Edinburgh over a hundred years ago comes this recipe of noble proportions for petticoat tails.

"Take two pounds of butter and a mutchkin [pint] of water to the peck of flour—one pound of sugar and two ounces of caraway seeds. Mix the flour and seeds together (keeping out a pound of the flour to

roll them out), then make a hole in the middle of the flour and pour in the butter and water when scalding hot. Knead it very little and divide it into six parts. Flour a sheet of gray paper and roll out one of the parts very thin and round. Prick it with a dabber. Turn over a flat dinner plate and cut the bread round by it with a paste runner. Then take off the plate, lay on a saucer, and cut it the size of it. Keep the middle circle whole and divide the other into 8 quarters with the runner. Roll out the other parts in a similar manner, and fire them nicely."

Ever since the time of Mary Stuart, Queen of Scots, these little cakes have been called petticoat tails. The story goes that those of her retinue from France liked them so much they included *petits gateaux tailles* in their daily menu. This was soon corrupted into petticoat tails and under that title the recipe is yet printed. They are somewhat like the Scottish shortbread and very delicious.

NO. 2
(*modernized*)

1 cup butter
½ cup sugar
1 tablespoon cream
1 tablespoon grated lemon rind
½ teaspoon baking powder
2 cups flour
caraway, seeds or powdered

Cream butter and sugar, add cream, then lemon rind and flour, sifted with the baking powder. Knead lightly, roll out on floured board. Cut in small triangles. Bake on buttered tin for 15 minutes in moderate oven.

SHORTBREAD

(delicious for afternoon tea)

Cream 1 cup of butter and 1 cup of light brown sugar. Add 2½ cups of pastry flour. Add as much more flour as you can work smoothly into this mixture. Mix with the fingers until so stiff that it can be patted thin, about ¼ inch thick. Cut into shapes before baking in a very slow oven.

DATE AND NUT BARS

6 eggs
1 cup sugar
1 cup flour
1 saltspoon salt
1 cup shelled pecan or walnut meats chopped
1 cup chopped dates
1 level teaspoon baking powder
1 teaspoon vanilla

Beat 2 of the eggs with ⅓ of the sugar until light; add remainder of sugar and eggs in same proportion until all are beaten in. Then add flour, baking powder, and salt, sifted together, vanilla, and last, the nuts and dates, well mixed and dredged with flour. Bake in square tin that will take mixture in 1 inch layer. Bake in moderate oven. Cool, cut in finger strip bars, and sprinkle with powdered sugar.

GREEN GINGER SNAPS

1 pint molasses
¼ lb. brown sugar
¼ lb. butter
5 oz. lard
2 lbs. flour
1 teaspoon soda

1 tablespoon green ginger
1 teaspoon cinnamon
1 teaspoon powdered ginger

Rub butter and lard together, then sugar; add molasses and green ginger, peeled and chopped very fine; put in the other ingredients, and last, the soda, dissolved in a little tepid water. Roll very thin and bake.

It is the green ginger that gives the delicious flavor.

MISS MARIA'S NORTHAMPTON COOKIES

(*East Street*)

1 cup butter
2 cups sugar
2 eggs
5 cups flour
½ teaspoon soda
4 tablespoons sweet milk

Reserve 1 cup flour for rolling out. Roll very thin.

NUT CAKES

1 cup chopped walnuts
2 tablespoons butter
1½ cups brown sugar
1 egg
3 tablespoons flour

Mix butter and sugar; add beaten egg, then flour, and last, the nuts, dredged with flour. Drop from spoon on buttered tins and bake in quick oven.

SOUR CREAM COOKIES

NO. 1

1 cup butter
2 cups sugar
1 cup sour cream
1 level teaspoon soda
1 level teaspoon baking powder
2 eggs
½ teaspoon nutmeg
1 saltspoon salt
½ teaspoon each lemon and vanilla

Flour to make dough as soft as it can be handled.

NO. 2

⅞ cup butter or other shortening
1 cup brown sugar
2 eggs
3 cooking spoons sour milk or cream
1 teaspoon vanilla
1¾ cups flour
¾ teaspoon salt
¼ teaspoon soda
¾ teaspoon mace
1 teaspoon baking powder

Cream shortening; add sugar and cream again; add unbeaten eggs 1 at a time, beating well after each addition. Add sour milk or cream with vanilla. Sift flour with other dry ingredients and fold in. Chill, roll, and cut with cookie cutter. Sprinkle lightly with granulated sugar and bake on cookie sheet in hot oven (about 400°) for 15 minutes. These cookies are especially good.

CLAUDIA'S INDIANS

2 well beaten eggs
1 cup brown sugar

½ cup flour
2 squares baking chocolate melted with
½ cup butter

Mix well, add ½ cup chopped nuts. Bake in square buttered tin. Cut in squares when cool.

DOUGHNUTS NO. 1

(*with sour milk or cream*)

1 cup sugar
1 egg
1 cup sour milk or cream
3 tablespoons melted lard
1 level teaspoon soda in milk
1 saltspoon salt
nutmeg
pinch of ginger
flour, about 4 cups, or to make stiff enough to roll

Roll out on well floured board, cut, and fry in deep fat that smokes when doughnuts are dropped in.

This recipe was renowned and trekked west with three generations of pioneers, of Vermont, Western Reserve (Ohio), and Michigan.

NO. 2

(*with sweet milk and cream*)

1 cup sugar
3 eggs
½ cup sweet milk
½ cup sweet cream
nutmeg
pinch of ginger
2 teaspoons baking powder
flour to make stiff enough to roll
1 teaspoon salt

Handle dough with tips of fingers and as lightly as possible.

RAISED DOUGHNUTS

(old recipe)

1 cup sugar
2 eggs
melted butter size of an egg
1 tablespoon molasses
1 pint new milk
½ cup yeast or
1 cake compressed yeast
grating of nutmeg
flour enough to make a soft dough

Dissolve cake of compressed yeast in tepid water. Mix ingredients and add enough flour to make a dough just soft enough to knead. Set in a warm place to rise overnight; cover well with thick cloth.

Work very lightly on floured board in the morning; roll not quite as thin as other doughnuts, and cut with a sharp knife into strips, oblong, or diamond shaped pieces. Do not have fat too hot; drain on paper and roll in powdered sugar when cool.

SCOTCH SHORTBREAD

1 cup soft butter
2 cups sugar
3 cups flour
¼ teaspoonful salt
⅓ teaspoon mace
⅛ teaspoon ground anise seed

Place butter in hot bowl and cream until white; add sugar slowly, stirring constantly. Sift dry ingredients and fold in thoroughly. Roll out to ¼

inch thickness; cut into 2 inch squares and prick with a fork. Bake in moderately hot oven for 30 minutes.

OATMEAL WAFERS

1 cup sugar, brown or white
2 eggs, slightly beaten
1 teaspoon melted butter
1 level teaspoon baking powder
¼ teaspoon salt
2½ cups rolled oats

Stir well, drop off spoon on buttered tin (not too closely, as the mixture spreads). Bake in slow oven 10 minutes.

WALNUT WAFERS

1 scant cup brown sugar
1 heaping cup walnuts, coarsely chopped
2 heaping tablespoons flour
¼ teaspoon baking powder
2 unbeaten eggs, folded in last, and stirred, not beaten

If desired add 1 tablespoon melted chocolate. Drop in spoonfuls on buttered tin. Bake in slow oven 10 minutes.

ICINGS AND FILLINGS

BOILED ICING

For every level cup of granulated sugar use white of 1 egg. Put the sugar, with enough water to dissolve it, in a saucepan, heat slowly, and stir until clear. Boil until it will thread *quickly* from the spoon.

Have ready on a platter the lightly beaten whites

of eggs. When the sugar threads, pour it slowly and evenly over the eggs, beating (not stirring) constantly until stiff enough to spread. This is the foundation of the Lady Baltimore, fig, nut, chocolate, and other fillings.

When making layer cakes, have bottom layer on plate, ready to fill; have the chosen mixture to add to icing for filling, prepared and at hand; add to icing and at once fill first layer, and beat again. This gives icing time to harden slightly before the second layer is placed.

Chopped nuts of any kind, candied fruits, figs, raisins, and almonds, chopped together, added to boiled icing, give many varieties of fillings.

CARAMEL FILLING AND ICING NO. 1

Put 3 full cups of light brown or maple sugar with a piece of butter the size of an egg and 1 cup of cream or rich milk in a saucepan. Let this cook, stirring occasionally, until it "ropes" when dropped into cold water. Turn out on a large platter and beat until light and cool enough to spread on cake.

NO. 2

2 cups thick cream
2 cups light brown sugar
2 cups dark brown sugar
4 small tablespoons butter

Boil together until it will spin a fine thread; turn out on a platter, and beat with fork until of the proper consistency to spread on a cake; add 1 teaspoon of vanilla.

CHOCOLATE FILLING

Cut ¼ pound of unsweetened chocolate into small pieces; place in a small saucepan that will fit in top of tea kettle; let steam over the boiling water until soft. When melted, add it to well beaten boiled frosting, made from whites of 2 eggs and 2 cups of sugar. Flavor with vanilla and brandy. If stronger chocolate is desired, add more chocolate to same proportions of other ingredients.

COCOANUT FILLING

Peel, wash, and dry the meat of 1 fresh cocoanut. Grate and add to boiled frosting. As the cocoanut is oily, the syrup for icing should be cooked so that it will thread very quickly, before pouring over egg. Add cocoanut when frosting is nearly cool; flavor with vanilla.

ROYAL ICING
(for small cakes)

Beat the white of 1 egg lightly (just enough to break it up well) in a bowl or plate; add a little water and any fresh fruit juice, or brandy, rum, or kirsch flavorings, or vanilla or lemon extract (any liquid one wishes may be used for flavoring).

Beat or stir in enough *confectioner's* sugar to make of the right consistency to spread. If beaten instead of stirred, it will become firm enough to hold in place without using so much sugar, but dries sooner and is not so creamy. This is an excellent icing for small cakes. If orange or lemon juice is used, grate in a little of the peel.

CONFECTIONER'S ICING

Use 2 tablespoons of boiling water or cream; add enough sifted confectioner's sugar to make of the right consistency to spread. Use any desired flavoring; fresh hot fruit juice may be used instead of boiling water. This icing is very easily and quickly made.

Very small plain cakes with icing flavored with rum, kirsch, or fruit juices, or both combined, are dainty cakes for tea.

FIG FILLING

Wash and cut stem ends from ½ pound of dried figs. Chop and cook in double boiler with 1 tablespoon of lemon juice, and ⅓ cup of sugar, until clear. It should be of the consistency of thick marmalade. Mix with 4 or 5 tablespoons of boiled icing flavored with vanilla or lemon extract.

White of 1 egg and 1 cup of sugar make enough icing, when using this filling, as only the top and side of the cake are iced, and quite enough remains for this after the small amount is taken to mix with the figs.

XV

JELLY, PRESERVES AND PICKLES

GENERAL DIRECTIONS

Jelly

In no department of preserving does there seem to be less certainty of success than in that of jelly making. Only by adhering strictly to the principles underlying jelly making can one be sure of satisfactory results.

The one element absolutely indispensable to success is *pectin*, which is a substance much like starch in its composition and properties, and which causes fruit to jelly when it is cooked with the right amount of sugar, for the right length of time, at the right temperature. It exists to a certain extent in all fruits but is found in the largest quantities in currants, crab apples, sour apples, quinces, grapes, blackberries, raspberries, and peaches. These fruits are listed according to their pectin content, currants containing the highest percentage, peaches the lowest. It has been supposed that all acid fruit was jelly making fruit. The quantity of acid in the fruit is in no way connected with its jelly making properties. Jelly cannot be made from rhubarb or lemon juice without the aid of gelatine.

Pectin being essential, the fruit should be used when this is at its best. As fruit ripens the pectin

approaches perfection, reaching it when the fruit is perfectly ripe. This is the time to use it, but the fermentative stage, when the pectin loses its gelatinizing power, follows so closely upon the perfectly ripe stage, and it is so difficult to distinguish between them, that the safest way is to use fruit before it becomes thoroughly ripe.

A word of caution to the inexperienced jelly maker, who is apt to cook the juice longer than the time given if it does not harden quite to suit her when tried—when sugar and any of the fruit liquids containing an acid ingredient are cooked together longer than a few minutes, the sugar undergoes a chemical change, and affects the pectin so that it loses its jelly making power, and a thin syrupy liquid results. Should this occur the remedy is more pectin, which means more fruit juice.

Use a porcelain-lined or granite-ware kettle for jellies, preserves, and pickles.

For jelly made from crab apples, peaches, quinces, roselles, guavas, and barberries, obtain juice by cutting up the fruit in small pieces. After it is washed or peeled and cored, pack in a preserving kettle and pour over enough cold water nearly but not quite to cover. Boil for about 20 minutes, stir, and mash. Drip or squeeze through jelly bag and proceed as with currant jelly.

For crab apple and quince jelly the fruit should be cut, cores and all, for boiling. To make peach jelly, scald peaches and take off skins.

If one does not care to bother with old-fashioned methods, one may use a concentrated fruit pectin, now procurable, by which any fruit juice may be jellied quickly. It is a quick and easy method, but

the jelly is by no means comparable to that made from fruit with the natural pectin content.

Marmalade

Marmalade is made of the pulp of fruit with the juice, and in the proportion of 1 pint of sugar to each quart of fruit. Large fruits should be washed, pared, quartered, cored, and finely sliced. Berries should be washed and slightly crushed.

Rinse the preserving kettle with cold water, which will make a slight coat of moisture and help to prevent scorching. If fruit contains very little moisture, leave a little water in the bottom of the kettle. Put in alternate layers of fruit and sugar, beginning with the fruit.

Jam

Jam is made from whole small fruits or large fruits minced and cooked with an equal weight of sugar. Cook as in directions for marmalades, taking equal care that jam does not burn. The time of cooking depends upon the degree of thickness desired.

Preserves

Preserves are fruit boiled whole, or in unbroken portions, in a syrup. In making preserves allow 1 pint of sugar to 1 pound of fruit if a very rich heavy preserve is wanted, otherwise ¾ pound of sugar to each pound of fruit. Strawberries, sour cherries, sour plums, and quinces are best when preserved with the full amount of sugar.

Apples, Pears, and Quinces

To preserve the more solid fruits such as pears, apples, and quinces, cook them in clear water until tender, then lift them out with a strainer and make the syrup out of the water (strained) in which they were cooked. Add fruit and boil gently for 3 minutes. Put in sterilized jars and seal.

COMPOTE OF FRUIT

These are less frequently served than they deserve to be, for they are wholesome and delicious. The method of preparation is the same for all fruits, except that the acid fruits will require more sugar. Increase the proportion of sugar and regulate the time of cooking as may be necessary for the different kinds of fruit. The usual proportion and method of preparation is as follows:

1 cup water
½ cup sugar to
1 lb. or 1 pint fruit

Boil sugar and water gently for 10 minutes, skim; add prepared fruit washed and drained. Simmer gently until fruit is tender. Remove fruit from syrup to dish in which it is to be served. Boil syrup until fairly thick and strain over fruit. If to be used as a dessert add ¼ cup more sugar to syrup after fruit is removed. Boil until reduced ¼, skim, and strain over fruit. The addition of 2 teaspoons of liqueur or other flavoring imparts a subtle flavor, especially when served with rice, boiled and slightly sweetened.

CURRANT JELLY

Wash, stem, and drain the currants; put them in preserving kettle; crush them well and boil until thoroughly cooked, about 20 minutes. Strain through a flannel bag, or one made from 2 to 3 thicknesses of cheesecloth. This process makes the jelly very clear, but as it takes quite a long time for the juice to drip through, it is often left in the bag to drip overnight, ready to make jelly in the morning.

Measure 1 pound of sugar (2 cups) for each pint (2 cups) of strained juice. Put sugar in large pan and place in oven until it is heated, but not melted, stirring occasionally. Have juice of currants in preserving kettle; let boil vigorously for 5 minutes. Add hot sugar, and let it boil *hard* 1 minute, not more.

Remove from fire, skim, and put into jelly glasses at once. When cool, cover with melted paraffin, and place tin covers on securely. Label at once. This is the best and easiest method of making jelly from any acid fruit.

SPICED GOOSEBERRIES

(*delicious!*)

5 lbs. green gooseberries
2 quarts sugar
1 pint vinegar
1 heaping tablespoon ground cinnamon
2 rounded teaspoons ground cloves
2 rounded teaspoons ground allspice
2 rounded teaspoons ground mace

Remove stem and blossom end from gooseberries. Crush and boil with ½ cup of water for 5 minutes; add the sugar, heated as for jelly, then mix well with spices; stir lightly until sugar is dissolved. Boil

until quite thick; pour into jelly glasses. Serve with meats.

FIG TOMATOES
(*old recipe*)

"Choose smooth, shapely tomatoes and to 16 pounds of fruit allow 6 pounds of sugar. Fig tomatoes are the small yellow tomatoes. Pour boiling water over them, remove skins, put sugar to them and boil until penetrated with it; then take them out, spread them on dishes, and dry them in the sun. A small quantity of sugar should be sprinkled over them while drying. When perfectly dry, pack them in boxes, and sprinkle each layer with powdered sugar. Protect from flies and dust while drying."

PRESERVED TOMATOES
(*old recipe*)

"Having skinned the tomatoes, weigh equal quantities of fruit and sugar; let tomatoes lie on hair sieve a little while, that juice may drain out; then lay carefully into a stone jar in alternate layers with the sugar.

"Allow 1 lemon for every 4 pounds of fruit and lay slices of lemon between each layer of fruit; cover jar closely and set it in kettle of cold water, where it will boil moderately but constantly for many hours, all day, if possible. See that the water comes up high enough around the jar, also be careful that none of it boils into the top.

"When it has boiled enough, let the jar stand until the water has in a measure cooled, as it may be broken by being taken at once out of boiling water."

YELLOW TOMATO PRESERVE

1 lb. yellow pear tomatoes
1 lb. sugar
2 lemons
2 oz. preserved Canton ginger

Wipe tomatoes, cover with boiling water, plunge into cold water, and let stand until skins may be easily removed. Add sugar, cover, and let stand overnight. In the morning pour off syrup and boil until thick. Skim, add tomatoes, ginger, and lemons which have been sliced and the seeds removed. Cook until tomatoes are clear, but not shriveled.

GRANDMOTHER'S BRANDIED PEACHES

(*Where are the snows of yesteryear!*)

Use ½ pound sugar to every pound of fruit. Scald peaches and skin them. Put ½ cup of water in preserving pan, then fruit and sugar in alternate layers; boil, stirring occasionally at first until sugar is dissolved. Let stand in covered earthenware jar for 2 days. Then turn carefully into preserving pan and boil until clear; skim peaches out and let syrup boil a few minutes longer; then strain and let it cool.

Take ½ as much brandy as you have syrup, and pour over peaches when placed in jars. Use the very best brandy your purse can afford.

GRANDMOTHER'S BAKED PEARS

"The common early pears are very good put into a jar without paring (wash them well), with a teacup of molasses, or 1¼ cups brown sugar, or make syrup to every two quarts of pears; but little water is necessary.

"Bake them 5 or 6 hours in a brick oven or two hours in a range or stove. If you wish them more delicate, pare them and put in an extra teacup of sugar instead of molasses. The later and larger fall pears are very nice baked in a dish, but most kinds of winter pears cannot be baked so as to be tender."

The modern method is to wash the pears well, cutting out the flower end, and any imperfect spots. Place in baking dish with 1 cup water, cover thickly with sugar, and bake in a slow oven, basting frequently, for 1 hour, or until pears are perfectly tender. Cover them well for ½ the time and uncover the remainder. Serve in glass dish with juice.

GRANDMOTHER'S APPLE JAM

"Weigh equal quantities of brown sugar and good sour apples. Pare and core them and chop them very fine. Make a syrup of the sugar, clarify it very thoroughly, then add the apples, the grated peel of two or three lemons, and a few pieces of white ginger.

"Boil it until the apples look clear and yellow. This resembles foreign sweetmeats. The ginger is essential to its peculiar excellence."

GRANDMOTHER'S PRESERVED QUINCES

Peel, quarter, and core the quinces, simmer the cores and skins for 2 hours in water enough to cover. Boil prepared quinces in strained water the cores and peel were boiled in. When they are tender enough to run a fine broom straw through them, take them out on flat dishes and let cool. Make syrup of juice in proportion of 1 pint of sugar to 1 pint of liquid. Boil the quinces 20 minutes in this syrup.

Cool again, boil syrup almost jelly thick, and pour over the fruit in jars.

APPLE JELLY

Wash, stem, and wipe apples. Clean blossom end carefully, quarter, put in preserving kettle, add enough cold water to barely cover apples, and cook gently until they are soft and clear. Strain juice and proceed as for any other jelly. If apples are quite sour no other flavor is necessary. If mild, place a rose geranium leaf in the bottom of glass. It will impart a very pleasant taste to what would otherwise be a rather flat jelly.

GRANDMOTHER'S ROSE LEAF JAM

(a Greek recipe)

"Make a syrup of 1 pound sugar and as little water as possible. Take 1 pound of rose leaves (the old, red cabbage is the best rose for this), and dry them in the shade, after which scald them for a minute in boiling water; then drain and dry them and add them to the syrup, with a spoonful of orange flower water. Cook it all to a marmalade, let it cool, and pour into glasses. Cover with paraffine. This is very sweet. It is a Greek recipe."

PRESERVED STRAWBERRIES

These are like the Wiesbaden fruits in appearance and very delicious in flavor.

Allow 1 pound of granulated sugar to each quart box of perfect berries. Put thin layer of sugar over bottom of preserving pan and add 1 teacup of water; when this is dissolved, put in berries and sugar in

alternate layers, cover, and let heat gradually for 1 hour.

Then boil steadily and rapidly for 15 minutes, skimming constantly as froth rises. Pour out on large china platters, and let stand in hot sun in open air 2 or 3 hours. Protect from flies and dust. Seal in glass jars.

For cherries, use less sugar, about 10 pounds of sugar to 15 pounds of fruit. For plums, use same proportions as for cherries. Any dish of china or glass will serve for use in sunning the berries, but never one of metal. There should be only a thin layer of berries in each dish.

PEAR CHIPS

8 lbs. pears
4 lbs. sugar
½ lb. Canton ginger
4 lemons or 6 limes

The pears may be wiped clean or peeled. Remove stems and blossom end, quarter, core, and slice thin. Add sugar and ginger and let stand overnight. In the morning grate the zest of 2 of the lemons, then peel the white from them all carefully. Quarter and seed lemons; cut into small pieces; add to pears and cook slowly in preserving kettle for 3 hours, or until of the consistency of marmalade. If the ginger is omitted, the pears and limes also make a delicious marmalade.

PLUM CONSERVE
(*California*)

To 6 pounds of blue plums, weighed after they are quartered and pits removed, add 4 pounds of granu-

lated sugar and ½ pound of English walnuts, chopped fine. Parboil the finely cut skins of 4 oranges, juice of 1. Boil 20 minutes.

GRAPE TUTTI FRUTTI

(*California recipe—to serve with meat course*)

8 lbs. grapes
5 lbs. granulated sugar
4 oranges
2 lbs. seeded raisins

Pulp the grapes, boil, and strain pulp through sieve, thus removing seeds. Add skins and weigh all, being sure to have 8 pounds. Grate rind of oranges. Remove white skin and seeds and cut fruit into small pieces. Add raisins and sugar, and boil slowly for 3 hours, stirring occasionally. Put in jelly glasses, and cover top with paraffin.

JIM JAM

(*California*)

6 boxes raspberries
6 boxes gooseberries
peel of ½ orange, chopped fine
1 cup seeded raisins

Measure quantity, and use ⅓ sugar. Boil slowly 3 or 4 hours.

STRAWBERRY CONSERVE

(*California*)

6 boxes of strawberries
2 large oranges
2 large cans of sliced pineapple

Wash, remove seeds, and put oranges through food chopper. Cut up pineapple and prepare berries. To each cup of fruit allow 1 cup of sugar. Boil to consistency of jam.

HOLLYWOOD MARMALADE

8 oranges
3 grapefruit or 4 lemons
6 quarts of water

Peel the skin from fruit in as large pieces as possible, and boil in the water until it can be pierced easily with a broom straw. While peel is boiling, free fruit from all fiber and seeds, and slice it. Strain water from the peel on to the fruit. When peel is cool enough, scrape out all the inner white with a spoon. Then cut in small strips with kitchen shears. Add to pulp with 2 cups of sugar for every pint of pulp. Let come to boiling point, then simmer (not boil hard) until of desired thickness.

PICKLED PEACHES

1 bu. peaches
½ gallon vinegar
½ oz. whole cinnamon bark
4 lbs. sugar
cloves

Wipe peaches carefully and stick 2 or 3 cloves in each. Boil vinegar and sugar, skim, and add cinnamon bark. Place enough peaches in the spiced syrup to just fill surface of syrup; let them boil until spongy, not soft. Take out with skimmer, place in glass jars, and so proceed until all the peaches are cooked. Then strain syrup, let it cool slightly, and pour over the peaches.

One-fourth of this old recipe is enough for an average family.

CHUTNEY SAUCE

12 green sour apples
2 green peppers
6 green tomatoes
4 small onions
1 cup raisins
1 cup currants
2 cups brown sugar
2 tablespoons salt
2 tablespoons mustard seed
2 teaspoons ground cloves
2 teaspoons coriander seed, powdered
1 quart vinegar

Dissolve sugar in vinegar; add mustard seed, salt, coriander and clove, and bring to boiling point. Put in tomatoes, onions, and peppers, chopped fine; add raisins and currants, and let simmer for 1 hour. Then add the apples, not too finely chopped, and let simmer for another hour, or until apples are soft. Put in glass jars and seal.

PIONEER SWEET TOMATO PICKLE

Wash 1 bushel of green tomatoes, slice, and place in earthenware jar with 1 quart of dry salt, in alternating layers; let it stand for nearly 24 hours; if the flavor of onions is liked, peel and slice very thin 6 or 8 onions, and add to tomatoes and salt. Let stand 24 hours.

Drain thoroughly. Rinse in cold water. Let drain again. Boil until tender, not soft, in weak vinegar (½ vinegar, ½ water). Drain again in colander, cover with weak vinegar. Let stand 24 hours. Drain

once more and cover with spiced vinegar made as follows:

1 gallon vinegar
5 lbs. sugar
2 oz. white mustard seed
½ oz. celery seed
1 tablespoon grated horse-radish root
1 tablespoon ground cloves
4 tablespoons ground cinnamon
1 tablespoon allspice
1 oz. stick cinnamon
1 dessertspoon powdered coriander seed

Tie powdered spices in bag; let boil, stirring often. Drain tomatoes again, place in jars, and pour hot spiced vinegar over them.

These are rather noble proportions. Half the recipe is enough for the average family.

CHILI SAUCE

24 ripe tomatoes, scalded and peeled
6 large onions
3 green peppers
1 quart vinegar
¾ cup sugar
2 tablespoons salt
1 tablespoon each powdered ginger, cloves allspice, and nutmeg

Prepare and chop vegetables quite fine; boil with vinegar 2 hours or more, until thick. Thirty minutes before taking from fire, add spices; seal in glass jars.

BLACKBERRY CATSUP

Stew to a pulp the desired quantity of blackberries; press through sieve; add to each quart of fruit 1 cup of sugar, 1 teaspoon each of cinnamon and

cloves, and ½ teaspoon of white pepper. Stew 20 minutes and add ½ pint of vinegar to each quart of fruit, and seal.

DANNA'S KENTUCKY BREAD AND BUTTER PICKLE

(*very delicious*)

8 quarts cucumbers, table size, measured when pared and cut into 1 inch pieces
2 quarts onions
2 quarts cider vinegar
2½ lbs. brown sugar
¼ lb. stick cinnamon
2½ tablespoons white mustard seed
1 tablespoon whole allspice
1 tablespoon turmeric
2 teaspoons celery seed
½ teaspoon cayenne pepper
2 cups salt

Pare cucumbers and cut in 1 inch pieces. Peel and slice onions. Put into separate vessels in layers with sprinkling of salt between each layer. Let stand overnight. In the morning, drain, and rinse well with cold water. Dissolve sugar in vinegar, boil slightly, and skim. Tie cinnamon and allspice together in muslin bag. Stir other spices into hot vinegar. Mix and drain cucumbers and onions. Let them scald thoroughly in the spiced vinegar, but do not boil. Turn into covered earthenware jars, or seal in glass.

JAPANESE CHOW CHOW

12 small pickled limes
12 medium sized green tomatoes

Remove seeds from limes; cut stem and bud ends from tomatoes; put through food chopper, using

medium cutter. Add 6 cups of sugar and let cook slowly for 3 hours. Pour into glasses, and cover with paraffin when cold.

COLD CATSUP

(*no cooking required*)

½ pk. ripe tomatoes, peeled, seeds removed
1½ quarts celery
1 quart onions
3 red apples

Chop all very fine, drain overnight; in the morning add

2 horse-radish roots, medium size, grated
½ cup salt
½ cup white mustard seed
1½ cups brown sugar
1 teaspoon powdered cloves
1 teaspoon powdered mace
½ teaspoon cayenne pepper
2 teaspoons cinnamon
1½ quarts vinegar

Mix all together without cooking; then bottle. This will keep for years. It is delicious and inexpensive, and very much like the justly celebrated Oscar sauce.

CUCUMBER CATSUP

Peel ripe cucumbers, cut them in half lengthwise, remove seeds, and grate the pulp. Drain off all the liquid, add 1 cup strong cider vinegar, ½ teaspoon paprika, 1 teaspoon salt, and 2 level tablespoons freshly grated horse-radish root. Turn, uncooked,

into sterilized jars. Add 6 whole cloves to each pint jar, and seal.

TOMATO SOY

(*excellent recipe by a Chinese cook*)

2 quarts tomatoes, fresh or tinned
1 pint vinegar
3 cups sugar
8 onions chopped
1 pint sour cucumber pickles chopped
2 tablespoons black pepper
1 tablespoon cinnamon
½ tablespoon allspice
½ tablespoon cloves
1 tablespoon mustard
1½ tablespoons salt
2 tablespoons Worcestershire sauce
¼ tablespoon red pepper
½ tablespoon sage

Boil 2 hours and bottle.

ARISTOCRATIC PICKLES

(*uncooked, delicious, and easily made*)

1 quart vinegar
12 cucumbers, table size
1 cup best olive oil
½ cup white mustard seed
½ cup black mustard seed
1 tablespoon celery seed
¾ teaspoon powdered alum
6 onions, sliced very thin
1 cup salt

Peel cucumbers and slice thinly, as for the table. Place sliced onions and cucumbers in separate earthenware dishes, with alternate layers of salt, and let

them stand overnight. In the morning rinse, drain well, and mix.

Have ready the oil, beaten into the vinegar, and mixed well with all the seasonings. Place drained cucumbers and onions in mixture, stir carefully, and put in glass, or covered stone jar.

The original maker of this pickle never stirred it but once—when the dressing was put on—and used great care not to break the slices. The longer this pickle stands, the better it is, and the more crisp it becomes. Made when cucumbers are plentiful and of the right size, it is one of the cheapest and most easily made.

XVI

CANDIES

MEXICAN PANOCHA

4 cups brown sugar
1 cup sweet milk
pinch of salt
1 tablespoon vanilla
2 cups chopped pecan nuts
1 tablespoon butter

Stir together sugar, milk, and salt and boil over slow fire until it sugars around the edge of the pan; just before taking off the fire add butter, then add the nuts and vanilla. Stir rapidly and pour on buttered tins. Cut in squares. English walnuts may be substituted for the pecans.

MEXICAN FUDGE

(*delicious*)

Mix and boil together over slow fire until sugary on side of pot, 4 cups of sugar and 1 cup of milk. Add 1 tablespoon of butter; then stir in and boil gently, meat of 1 cocoanut grated. Meanwhile, caramel in another pot 1 cup of sugar. Add the caramel, well browned, mix, and beat until creamy. Pour into buttered pans and cut in squares.

NEW ORLEANS PRALINES

1 cup brown sugar
½ cup New Orleans molasses
1 cup cream
2 tablespoons butter
pinch of salt
½ teaspoon vanilla
1 pint pecan nut meats

Boil first 4 ingredients, stirring constantly until a soft ball is formed when tried in cold water. Remove from fire, add nuts and vanilla. Stir constantly until it begins to sugar. Drop from tip of spoon in small piles on buttered pans.

FUDGE

2 cups sugar, maple, brown, or white
1 cup milk or cream
5 tablespoons cocoa or unsweetened chocolate
1 tablespoon butter, added after boiling other ingredients
1 teaspoon vanilla, added after boiling other ingredients

Stir the mixture constantly and boil until it forms a soft ball when dropped in cold water. Remove from fire and beat until grain changes. Pour on buttered plate and cut in squares when cool. Raisins or nuts may be added, or both, and more chocolate if desired.

CHOCOLATE CARAMELS NO. 1

1 cup grated chocolate
1 cup molasses
½ cup sweet milk
1 cup sugar
1 teaspoon vanilla

Boil and, when nearly done and beginning to thread, add piece of butter the size of a walnut. Stir until butter is melted, not after.

NO. 2

3 cups brown sugar
1 cup white sugar
1 cup milk
2 rounded tablespoons butter
¼ teaspoon salt

Boil for 15 minutes, then add 1 cup grated chocolate, moistened in ½ cup of milk. Boil 15 minutes longer, stirring constantly, and just before taking off the fire, add 1 tablespoon vanilla. Pour on buttered tin, and cut in squares before quite cool.

WHITE NUT CANDY

4 cups granulated sugar
1 pint milk
2 tablespoons vinegar
2 tablespoons vanilla
1 teaspoon cream of tartar
1 quart nut meats, hickory preferred

Boil the sugar and milk, stirring constantly; try frequently to see when it will thread. Do not add other ingredients until a thread floats off quickly from the spoon, then add them immediately. Stir vigorously until the candy begins to granulate, then pour into a buttered tin, and mark off in squares before it is cold.

DIVINITY CANDY

2 cups sugar
½ cup Karo corn syrup, dark

¾ cup water
white of 1 egg
1 cup English walnut meats, chopped or broken

Boil sugar, water, and syrup together until it forms a firm ball, but not hard enough to crack. Beat white of egg until stiff and dry, and add, gradually, the boiling syrup at once after removing from fire. Beat mixture about 15 minutes or until it begins to harden. Add nuts and pile on a plate or put in loaf tin. Serve in slices. Candied fruit may be added if desired.

COCOANUT CANDY

6 cups light brown or white sugar
1 cup milk
1 teaspoon butter
1 grated cocoanut

Boil sugar, milk, and butter until it hardens around the sides of the kettle. Add cocoanut, beating it rapidly, and boil again. Remove to back of range, and beat until thick. Drop in spoonfuls on wet board or lightly buttered tin.

COCOANUT CAKES

meat of 1 fresh cocoanut
4 cups brown or white sugar
1 cup rich milk
½ tablespoon butter
1 dessertspoon vanilla

Peel and grate cocoanut. Boil the sugar, milk, and butter until it will thread; remove from the fire and add the cocoanut and vanilla. Stir briskly until nearly cold; drop by spoonfuls on buttered paper.

MOLASSES TAFFY

2 cups molasses
1 cup sugar
½ tablespoon vinegar
butter the size of walnut

Boil briskly 20 minutes. Try in cold water, and when sufficiently hardened—it must thread quickly from the spoon—add (while boiling) ½ teaspoon soda and stir in quickly. Let it boil up once more and pour into buttered tins. Cool and pull.

CREAM TAFFY

2 cups granulated sugar
½ teaspoon cream of tartar
1 teacup water
2 tablespoons vinegar
1 tablespoon vanilla
1 tablespoon butter

Use enough water to wet the sugar, and stir lightly until it boils. Boil until it will harden but not be brittle when tried in cold water. When cooked, add 1 tablespoon of vanilla or any flavoring desired (peppermint, lemon, etc.). Remove from the fire, pour into a buttered tin, and let cool. As edges cool, fold toward center; as soon as it can be handled, pull until white and glossy. Cut in pieces of desired size. On the second day this candy is of a creamy consistency.

CHOCOLATE TAFFY

2 cups sugar
½ cup Karo corn syrup
¼ cup vinegar
¼ cup water
1 tablespoon butter

Boil until nearly hard when dropped in cold water. Add a pinch of soda and 3 squares of unsweetened

chocolate, grated. Let boil. Remove from fire and flavor with 1 tablespoon of vanilla. Pour into buttered tin. Let cool and pull.

BUTTERSCOTCH NO. 1

2 cups granulated sugar
½ cup sweet milk
½ cup vinegar
½ cup butter

Dissolve the sugar in the milk. Boil slowly until it will thread and almost, but not quite, crack; stir in vinegar and butter. Pour into buttered tin, and when cool, mark in squares.

NO. 2

2 cups brown sugar
½ cup butter
1 tablespoon water
tiny pinch of soda

Boil until crisp when dropped in cold water. Pour in buttered tins and mark in squares while warm.

EVERTON TOFFEE

(*an old English recipe*)

Put into a skillet 6 tablespoons of butter; as soon as it is melted add 1 pound (2 cups) of brown sugar. Keep these stirred gently over a very clear fire for about 15 minutes, or until a little of the mixture, dropped into a basin of cold water, breaks clean between the teeth without sticking to them. When it is boiled to this point, pour out immediately into well-buttered tin. Mark in squares while warm.

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